



Mexican Marinated Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



52 kcal

SIDE DISH

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 2 tablespoons green onions chopped
- 0.5 teaspoon ground cumin
- 1 teaspoon olive oil
- 0.5 teaspoon onion powder
- 0.3 teaspoon pepper
- 0.1 teaspoon salt

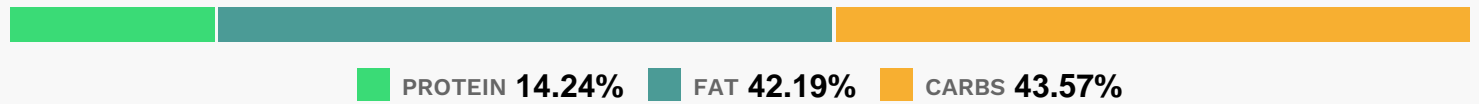
- 1 cup julienne- squash yellow
- 0.3 cup citrus champagne vinegar
- 1 cup julienne- zucchini

Equipment

Directions

- Combine first 3 ingredients in a small shallow dish.
- Combine vinegar and remaining ingredients in a jar; cover tightly, and shake vigorously.
- Pour vinegar mixture over vegetable mixture; toss gently. Cover and marinate in refrigerator at least 8 hours. Toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:6.8534782166066%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 51.64kcal (2.58%), Fat: 2.44g (3.76%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.01g (1.46%), Sugar: 3g (3.33%), Cholesterol: 0mg (0%), Sodium: 156.71mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Vitamin C: 22.25mg (26.97%), Vitamin K: 19.68µg (18.75%), Manganese: 0.3mg (14.82%), Vitamin B6: 0.25mg (12.37%), Potassium: 366.33mg (10.47%), Folate: 36.12µg (9.03%), Vitamin B2: 0.15mg (8.68%), Magnesium: 26.67mg (6.67%), Fiber: 1.67g (6.67%), Vitamin A: 331.53IU (6.63%), Iron: 1.09mg (6.04%), Phosphorus: 57.44mg (5.74%), Vitamin B1: 0.07mg (4.5%), Copper: 0.09mg (4.26%), Vitamin E: 0.5mg (3.33%), Calcium: 33.16mg (3.32%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.23mg (2.34%)