



Peg's Summer Squash Bake

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- 0.3 cup butter cut into small chunks
- 0.3 cup parmesan cheese grated
- 1 large summer squash sliced

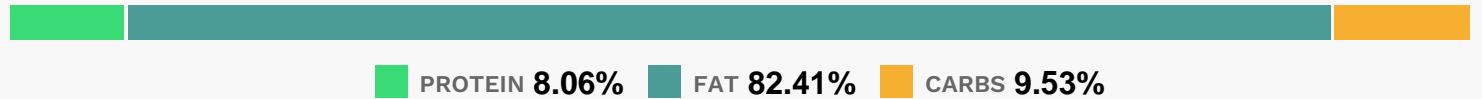
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Lay the summer squash slices in a single layer in a 9x12-inch baking dish; dot with butter.
- Sprinkle the Parmesan cheese over the squash.
- Bake in the preheated oven until the squash is tender, bubbling, and golden yellow-brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:4.9147825584463%

Nutrients (% of daily need)

Calories: 140.96kcal (7.05%), Fat: 13.4g (20.62%), Saturated Fat: 8.3g (51.85%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.79g (1.99%), Cholesterol: 35.94mg (11.98%), Sodium: 202.22mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin C: 13.73mg (16.64%), Vitamin A: 570.11IU (11.4%), Vitamin B6: 0.18mg (9.08%), Vitamin B2: 0.14mg (8.3%), Phosphorus: 73.71mg (7.37%), Manganese: 0.15mg (7.33%), Calcium: 70.77mg (7.08%), Potassium: 226.47mg (6.47%), Folate: 24.22µg (6.05%), Magnesium: 16.2mg (4.05%), Selenium: 2.49µg (3.56%), Fiber: 0.89g (3.55%), Zinc: 0.52mg (3.45%), Vitamin K: 3.52µg (3.35%), Vitamin E: 0.46mg (3.05%), Vitamin B1: 0.04mg (2.74%), Copper: 0.04mg (2.18%), Vitamin B3: 0.4mg (2.02%), Vitamin B12: 0.11µg (1.81%), Iron: 0.31mg (1.74%), Vitamin B5: 0.16mg (1.61%)