
 **9%**
HEALTH SCORE

Rainbow Vegetable Skillet


 Vegetarian  Gluten Free

READY IN




30 min.

SERVINGS



9

CALORIES



145 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 0.3 cup butter melted reduced-fat
- 2 pounds butternut squash
- 1 tablespoon chili powder
- 1 tablespoon cilantro leaves fresh minced
- 2 cups grape tomatoes
- 1 medium bell pepper green cut into 1-inch pieces

- 0.3 teaspoon ground cinnamon
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 1 medium onion red cut into wedges
- 1 teaspoon salt
- 1 medium bell pepper sweet yellow cut into 1-inch pieces

Equipment

- bowl
- frying pan
- microwave

Directions

- Cut squash in half; discard seeds.
- Place cut side down in a microwave-safe dish; add 1/2 in. water. Microwave, uncovered, on high for 10-12 minutes or until almost tender.
- Meanwhile, in a small bowl, combine the butter, brown sugar, chili powder, cilantro, salt, pepper and cinnamon; set aside. When squash is cool enough to handle, peel and discard rind.
- Cut pulp into 1/2-in. pieces.
- In a large skillet, saute peppers and onion in oil until tender.
- Add tomatoes and squash; heat through.
- Transfer to a large bowl; add butter mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:14.405652131723%

Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 144.58kcal (7.23%), Fat: 7.03g (10.82%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 18.12g (6.59%), Sugar: 9.17g (10.19%), Cholesterol: 13.56mg (4.52%), Sodium: 321.92mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin A: 11491.19IU (229.82%), Vitamin C: 61.52mg (74.57%), Manganese: 0.33mg (16.6%), Vitamin E: 2.39mg (15.96%), Potassium: 530.25mg (15.15%), Vitamin B6: 0.27mg (13.48%), Fiber: 3.33g (13.33%), Magnesium: 44.22mg (11.05%), Folate: 39.81µg (9.95%), Vitamin B1: 0.13mg (8.84%), Vitamin B3: 1.72mg (8.58%), Vitamin K: 7.41µg (7.05%), Calcium: 67.41mg (6.74%), Copper: 0.13mg (6.66%), Iron: 1.15mg (6.37%), Phosphorus: 55.2mg (5.52%), Vitamin B5: 0.51mg (5.07%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.32mg (2.11%), Selenium: 0.92µg (1.32%)