



Roasted Summer Squash with Parsley



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



14 kcal

SIDE DISH

Ingredients



0.3 cup parsley fresh chopped



0.3 teaspoon salt



2 cups baby squash yellow chopped



2 cups zucchini chopped

Equipment



frying pan

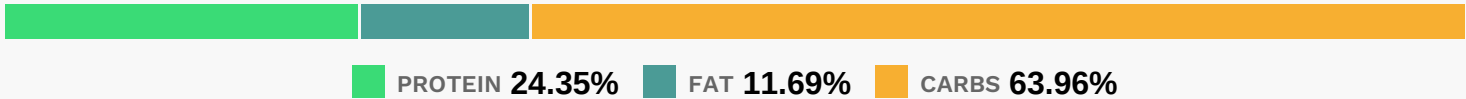


oven

Directions

- ☐ Preheat oven to 425
- ☐ Arrange zucchini and yellow squash on a jelly-roll pan; sprinkle with salt.
- ☐ Bake at 425 for 17 minutes or until crisp-tender. Toss with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:5.5869565262743%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 13.95kcal (0.7%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 102.36mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin K: 43.91µg (41.82%), Vitamin C: 17.13mg (20.76%), Vitamin B6: 0.15mg (7.59%), Vitamin A: 368.6IU (7.37%), Manganese: 0.14mg (7.17%), Potassium: 220.44mg (6.3%), Folate: 24.64µg (6.16%), Vitamin B2: 0.09mg (5.58%), Magnesium: 15.1mg (3.77%), Fiber: 0.91g (3.64%), Phosphorus: 31.47mg (3.15%), Vitamin B1: 0.04mg (2.59%), Iron: 0.44mg (2.45%), Copper: 0.04mg (2.25%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.27mg (1.79%), Calcium: 15.77mg (1.58%), Vitamin B5: 0.15mg (1.53%)