



Sautéed Baby Squash with Basil and Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 3 tablespoons feta cheese crumbled reduced-fat
- 2 tablespoons basil fresh finely chopped
- 2 cups leek sliced (2)
- 1 tablespoon olive oil
- 18 ounces baby pattypan squash halved
- 0.5 teaspoon salt

Equipment

frying pan

Directions

Heat a large nonstick skillet over medium-high heat.

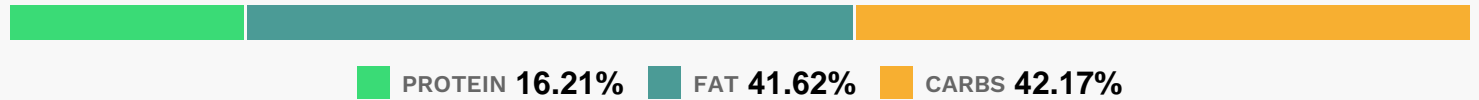
Add oil to pan, swirling to coat; heat 20 seconds.

Add squash and leek to pan; saut 5 minutes or until tender, stirring frequently. Stir in salt and pepper.

Transfer squash mixture to a serving platter.

Sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:6.48826086262%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 70.36kcal (3.52%), Fat: 3.54g (5.44%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.48g (2.36%), Sugar: 3.46g (3.84%), Cholesterol: 4.02mg (1.34%), Sodium: 267.62mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin C: 18.99mg (23.02%), Vitamin K: 20.99µg (19.99%), Manganese: 0.29mg (14.48%), Vitamin A: 714.49IU (14.29%), Folate: 44.96µg (11.24%), Vitamin B6: 0.16mg (8.15%), Magnesium: 28.37mg (7.09%), Fiber: 1.58g (6.3%), Copper: 0.13mg (6.28%), Potassium: 210.77mg (6.02%), Iron: 1mg (5.57%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.73mg (4.84%), Phosphorus: 41.44mg (4.14%), Calcium: 35.17mg (3.52%), Vitamin B3: 0.64mg (3.18%), Vitamin B2: 0.04mg (2.06%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.13mg (1.3%)