



Sautéed Baby Squash with Scallions

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 20 servings pepper freshly ground
- ☐ 20 servings salt
- ☐ 1 bunch scallions finely chopped
- ☐ 1 large shallots finely chopped (large)
- ☐ 1.3 pounds baby squash halved
- ☐ 2 tablespoons butter unsalted

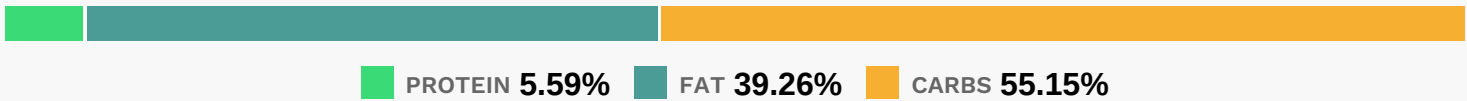
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, melt the butter.
- ☐ Add the squash, scallions and shallot and season with salt and pepper. Cover and cook over moderate heat, stirring occasionally, until the squash is tender and lightly browned, 8 minutes. Stir in the parsley and serve right away.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:5.0226086659924%

Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 24.55kcal (1.23%), Fat: 1.18g (1.81%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.76g (0.84%), Cholesterol: 3.01mg (1%), Sodium: 195.78mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin A: 3111.65IU (62.23%), Vitamin K: 12.91µg (12.29%), Vitamin C: 7.08mg (8.58%), Manganese: 0.08mg (3.86%), Potassium: 112.31mg (3.21%), Vitamin E: 0.45mg (3.02%), Fiber: 0.68g (2.73%), Magnesium: 10.65mg (2.66%), Vitamin B6: 0.05mg (2.48%), Folate: 9.82µg (2.45%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.36mg (1.79%), Calcium: 16.66mg (1.67%), Iron: 0.28mg (1.56%), Copper: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.23%), Phosphorus: 11.39mg (1.14%)