



Sauteed Mini Vegetable Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 pound squash – patty pans and/or baby zucchini assorted mini
- ☐ 1 pint cherry tomatoes
- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup pearl onions frozen
- ☐ 6 servings salt and pepper black freshly ground

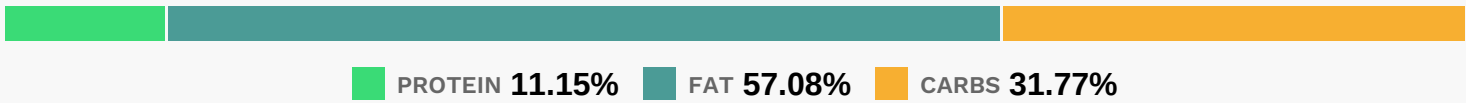
Equipment

☐ frying pan

Directions

- ☐ Halve the squash.
- ☐ Heat the extra-virgin olive oil in large skillet over medium-high heat.
- ☐ Saute the squash 5 minutes then add the onions and tomatoes, season the vegetables with salt and pepper and cook 5 to 7 minutes more until the tomatoes begin to burst and the onions are warmed through. Toss the herbs with the vegetables and transfer to a serving dish.;

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:9.6995651981105%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 108.3kcal (5.42%), Fat: 7.44g (11.45%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 7.21g (2.62%), Sugar: 3.64g (4.05%), Cholesterol: 0mg (0%), Sodium: 13.18mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin C: 47.73mg (57.86%), Vitamin K: 17.68µg (16.84%), Potassium: 583.06mg (16.66%), Vitamin A: 829IU (16.58%), Manganese: 0.3mg (14.91%), Vitamin B6: 0.22mg (10.91%), Phosphorus: 104.5mg (10.45%), Vitamin E: 1.46mg (9.76%), Magnesium: 36.6mg (9.15%), Folate: 34.19µg (8.55%), Fiber: 2.11g (8.42%), Copper: 0.15mg (7.52%), Iron: 1.32mg (7.33%), Zinc: 0.82mg (5.43%), Vitamin B1: 0.08mg (5.27%), Vitamin B3: 1.01mg (5.06%), Vitamin B5: 0.43mg (4.33%), Calcium: 35.47mg (3.55%), Vitamin B2: 0.06mg (3.33%), Selenium: 0.82µg (1.18%)