



Sautéed Squash and Tomatoes

 Gluten Free

READY IN



47 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients

- 3 slices hickory-smoked bacon thick
- 1 bay leaf
- 10 servings garnish: bay leaf
- 2 tablespoons butter
- 2 cups cherry tomatoes halved
- 1 tablespoon thyme leaves fresh chopped
- 3 garlic cloves minced
- 1 teaspoon oregano fresh chopped

- 1 tablespoon red wine vinegar
- 10 servings salt and pepper freshly ground
- 4 cups zephyr squash yellow sliced
- 1 cup onion sweet chopped
- 4 cups zucchini sliced

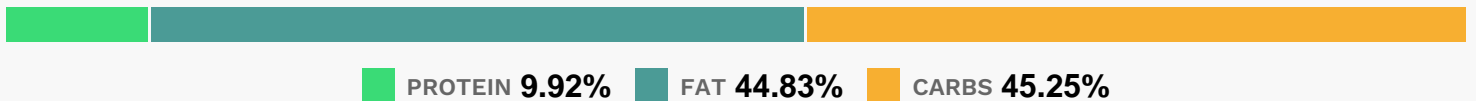
Equipment

- frying pan
- paper towels

Directions

- Saut bacon in a large skillet over medium-high heat 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet.
- Saut onion and next 4 ingredients in hot drippings 4 minutes or until onion is tender.
- Add zucchini and yellow squash; cook, stirring often, 10 minutes. Stir in tomatoes, and cook, stirring occasionally, 10 minutes.
- Remove from heat, and stir in butter and vinegar. Season with salt and pepper to taste.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:12.095217500044%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 97.74kcal (4.89%), Fat: 5.26g (8.09%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 9.51g (3.46%), Sugar: 4.04g (4.48%), Cholesterol: 10.38mg (3.46%), Sodium: 266.87mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin A: 6369.5IU (127.39%), Vitamin C: 30.08mg (36.47%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.26mg (13.12%), Potassium: 440.68mg (12.59%), Fiber: 2.44g (9.74%), Folate: 37.3µg (9.32%), Magnesium: 36.1mg (9.02%), Iron: 1.5mg (8.34%), Vitamin E: 1.17mg (7.78%), Vitamin B1: 0.12mg (7.77%), Vitamin B3: 1.39mg (6.95%), Phosphorus: 63.84mg (6.38%), Calcium: 58.59mg (5.86%), Copper: 0.11mg (5.65%), Vitamin B2: 0.08mg (4.91%), Vitamin K: 5.09µg (4.84%), Vitamin B5: 0.43mg (4.29%), Selenium: 2.13µg (3.04%), Zinc: 0.45mg (3.02%)