



Sautéed Squash and Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove minced
- ☐ 1 tablespoon oil hot
- ☐ 1 small onion
- ☐ 4 servings salt and pepper
- ☐ 2 medium size baby squash yellow
- ☐ 2 medium size zucchini

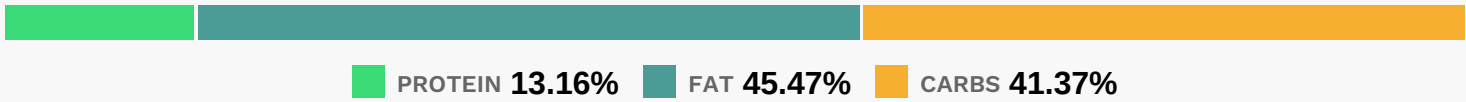
Equipment

- ☐ frying pan

Directions

- ☐ Cut 2 medium-size yellow squash and 2 medium-size zucchini into 1/4-inch-thick slices, and chop 1 small onion. Saut vegetables in 1 tablespoon hot oil in a large skillet over medium-high heat 5 minutes.
- ☐ Add 1 minced garlic clove, and saut 1 minute.
- ☐ Sprinkle mixture with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:9.0773913678916%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 71.4kcal (3.57%), Fat: 4.01g (6.17%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 5.84g (2.12%), Sugar: 5.36g (5.95%), Cholesterol: 0mg (0%), Sodium: 204.42mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin C: 35.73mg (43.31%), Vitamin B6: 0.4mg (20.18%), Manganese: 0.38mg (19.03%), Potassium: 541.14mg (15.46%), Vitamin B2: 0.24mg (13.93%), Folate: 55.29µg (13.82%), Fiber: 2.37g (9.48%), Vitamin K: 9.73µg (9.27%), Magnesium: 36.24mg (9.06%), Phosphorus: 80.7mg (8.07%), Vitamin A: 392.42IU (7.85%), Vitamin B1: 0.1mg (6.71%), Vitamin E: 0.85mg (5.68%), Copper: 0.11mg (5.56%), Vitamin B3: 0.94mg (4.72%), Zinc: 0.64mg (4.24%), Iron: 0.76mg (4.2%), Vitamin B5: 0.38mg (3.78%), Calcium: 35.88mg (3.59%)