



Sauteed Yellow Squash



Vegetarian



Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons chives chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 4 servings salt and pepper
- ☐ 2 baby squash yellow small to medium sliced

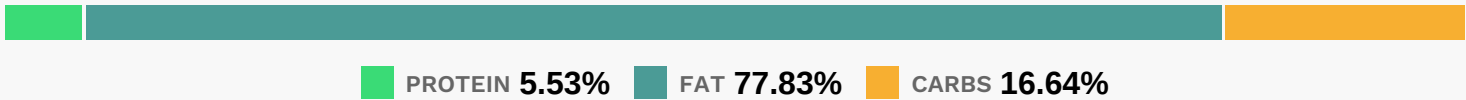
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat skillet over medium high heat.
- ☐ Add oil, then butter. When butter melts, add red peppers and squash.
- ☐ Saute 12 to 14 minutes until squash is tender.
- ☐ Add salt, pepper and parsley.
- ☐ Add chives or scallions if you would like a layer of light onion flavor on the dish as well.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:8.9478260907142%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 102.36kcal (5.12%), Fat: 9.42g (14.49%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3g (1.09%), Sugar: 2.87g (3.19%), Cholesterol: 15.05mg (5.02%), Sodium: 243.02mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin C: 38.92mg (47.18%), Vitamin K: 45.28µg (43.12%), Vitamin A: 1035.06IU (20.7%), Vitamin B6: 0.26mg (13.04%), Folate: 40.43µg (10.11%), Manganese: 0.2mg (9.83%), Vitamin B2: 0.16mg (9.33%), Potassium: 309.26mg (8.84%), Vitamin E: 1.05mg (7%), Fiber: 1.53g (6.14%), Magnesium: 20.19mg (5.05%), Phosphorus: 45.06mg (4.51%), Vitamin B1: 0.06mg (3.92%), Vitamin B3: 0.67mg (3.34%), Iron: 0.6mg (3.32%), Copper: 0.06mg (2.91%), Zinc: 0.36mg (2.41%), Calcium: 22.5mg (2.25%), Vitamin B5: 0.22mg (2.17%)