



Savory Squash & Bean Side Dish

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



59 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon chopped
- 2 cups butternut squash cubed peeled (1-inch cubes)
- 15 oz pinto beans drained canned
- 14 oz chicken broth canned
- 1 cup colby & monterey jack cheeses shredded kraft
- 1 cup onions chopped
- 2 Tbsp parsley chopped

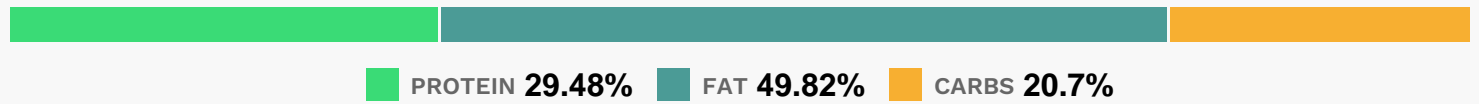
Equipment

frying pan

Directions

- Cook bacon and onions in large nonstick skillet on medium-high heat 10 min. or until bacon is crisp, stirring frequently.
- Add squash and broth. Bring to boil. Reduce heat to medium-low; simmer 10 min. or until squash is tender.
- Add beans; stir. Cover. Cook 8 to 10 min. or until heated through.
- Stir in cheese and parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:2.9165217526581%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 58.66kcal (2.93%), Fat: 3.24g (4.99%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.45g (0.5%), Cholesterol: 10.27mg (3.42%), Sodium: 118.64mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin A: 811.77IU (16.24%), Phosphorus: 48.38mg (4.84%), Selenium: 3.02µg (4.32%), Vitamin K: 3.75µg (3.57%), Calcium: 33.7mg (3.37%), Zinc: 0.47mg (3.11%), Fiber: 0.7g (2.81%), Manganese: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.69%), Vitamin C: 2.09mg (2.54%), Potassium: 86.78mg (2.48%), Vitamin B3: 0.49mg (2.47%), Vitamin B12: 0.14µg (2.39%), Magnesium: 9.52mg (2.38%), Iron: 0.39mg (2.18%), Vitamin B2: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.61%), Copper: 0.03mg (1.59%), Folate: 6.28µg (1.57%), Vitamin E: 0.22mg (1.46%)