



Smothered Squash And Pinto Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce pinto beans drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 cups rice long-grain hot cooked
- ☐ 0.5 cup ears corn fresh
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup onion chopped
- ☐ 3 thyme sprigs
- ☐ 1 cup to 3 sized squashes yellow sliced
- ☐ 1 cup zucchini sliced

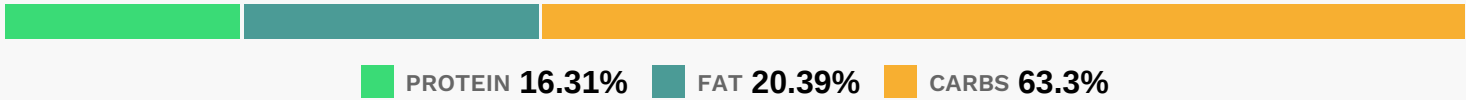
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion, jalapeo pepper, and garlic; saut 2 minutes. Stir in squash and zucchini; saut 2 minutes.
- ☐ Add corn and next 3 ingredients; cover, reduce heat, and simmer 10 minutes. Discard thyme; sprinkle with cheese.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:32.36, Inflammation Score:-9, Nutrition Score:18.900000004665%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 336.22kcal (16.81%), Fat: 7.88g (12.13%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 55.07g (18.36%), Net Carbohydrates: 46.05g (16.75%), Sugar: 9.29g (10.32%), Cholesterol: 12.62mg (4.21%), Sodium: 532.4mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Manganese: 1.12mg (56.16%), Fiber: 9.01g (36.06%), Vitamin C: 27.95mg (33.87%), Phosphorus: 282.3mg (28.23%), Potassium: 903.08mg (25.8%),

Vitamin B6: 0.51mg (25.37%), Copper: 0.49mg (24.45%), Magnesium: 92.32mg (23.08%), Calcium: 222.11mg (22.21%), Iron: 3.79mg (21.04%), Folate: 73.6µg (18.4%), Vitamin E: 2.47mg (16.44%), Vitamin B1: 0.22mg (14.88%), Zinc: 2.06mg (13.72%), Vitamin B2: 0.23mg (13.45%), Selenium: 9.15µg (13.07%), Vitamin B3: 2.57mg (12.83%), Vitamin K: 12.19µg (11.61%), Vitamin A: 545.46IU (10.91%), Vitamin B5: 1.06mg (10.59%), Vitamin B12: 0.12µg (1.96%)