



Smothered Yellow Squash with Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1.5 lb to 3 sized squashes yellow halved lengthwise

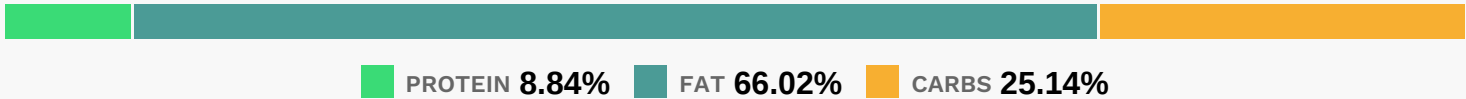
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then add half of squash and sauté, stirring occasionally, until browned, about 5 minutes.
- ☐ Transfer browned squash to a bowl, then heat remaining tablespoon oil and sauté remaining squash in same manner. Return squash in bowl to skillet.
- ☐ Add garlic and sauté, stirring occasionally, 1 minute.
- ☐ Add water, salt, and pepper and simmer briskly, covered, until squash is tender and most of liquid is evaporated, 6 to 7 minutes. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:8.5243478054586%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 91.83kcal (4.59%), Fat: 7.33g (11.27%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.33g (1.58%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 150.69mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin C: 29.65mg (35.94%), Vitamin B6: 0.39mg (19.6%), Manganese: 0.35mg (17.42%), Vitamin K: 15.67µg (14.92%), Vitamin B2: 0.24mg (14.38%), Potassium: 457.03mg (13.06%), Folate: 50.4µg (12.6%), Vitamin A: 419.8IU (8.4%), Vitamin E: 1.23mg (8.17%), Fiber: 1.94g (7.77%), Magnesium: 30.66mg (7.66%), Phosphorus: 67.87mg (6.79%), Vitamin B1: 0.09mg (5.68%), Copper: 0.1mg (5.13%), Vitamin B3: 0.85mg (4.27%), Iron: 0.71mg (3.97%), Zinc: 0.53mg (3.51%), Calcium: 32.21mg (3.22%), Vitamin B5: 0.28mg (2.77%)