



 **9%**  
HEALTH SCORE

## Squash and Bean Saute

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

### Ingredients

- 1 tablespoon canola oil
- 0.3 teaspoon thyme dried
- 1 pound green beans fresh trimmed
- 3 tablespoons parsley fresh minced
- 2 garlic clove minced
- 1 large onion sliced
- 0.3 teaspoon pepper
- 3 large plum tomatoes peeled chopped

- 0.3 teaspoon rubbed sage
- 1 teaspoon salt
- 0.3 cup water
- 1 pound to 3 sized squashes yellow sliced

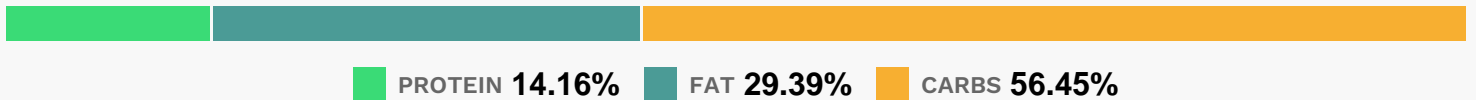
## Equipment

- frying pan
- slotted spoon

## Directions

- In a large nonstick skillet, saute the onion, garlic and seasonings in oil until onion is tender.
- Add the beans, squash and water; bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until just tender.
- Add tomatoes and parsley; cover and simmer 5 minutes longer or until vegetables are tender.
- Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:12.524347813233%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

## Nutrients (% of daily need)

Calories: 74.29kcal (3.71%), Fat: 2.75g (4.23%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.03g (6.7%), Cholesterol: 0mg (0%), Sodium: 398.17mg (17.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin K: 72.73µg (69.26%), Vitamin C: 31.17mg (37.78%), Vitamin A: 1102.41IU (22.05%), Manganese: 0.4mg (19.91%), Vitamin B6: 0.34mg (17.05%), Fiber: 3.79g (15.18%),

Folate: 59.48µg (14.87%), Potassium: 484.21mg (13.83%), Vitamin B2: 0.2mg (11.88%), Magnesium: 39.3mg (9.83%), Vitamin B1: 0.13mg (8.35%), Iron: 1.38mg (7.69%), Phosphorus: 75.05mg (7.51%), Vitamin E: 1mg (6.68%), Copper: 0.13mg (6.43%), Vitamin B3: 1.17mg (5.86%), Calcium: 54.59mg (5.46%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.54mg (3.57%), Selenium: 0.88µg (1.26%)