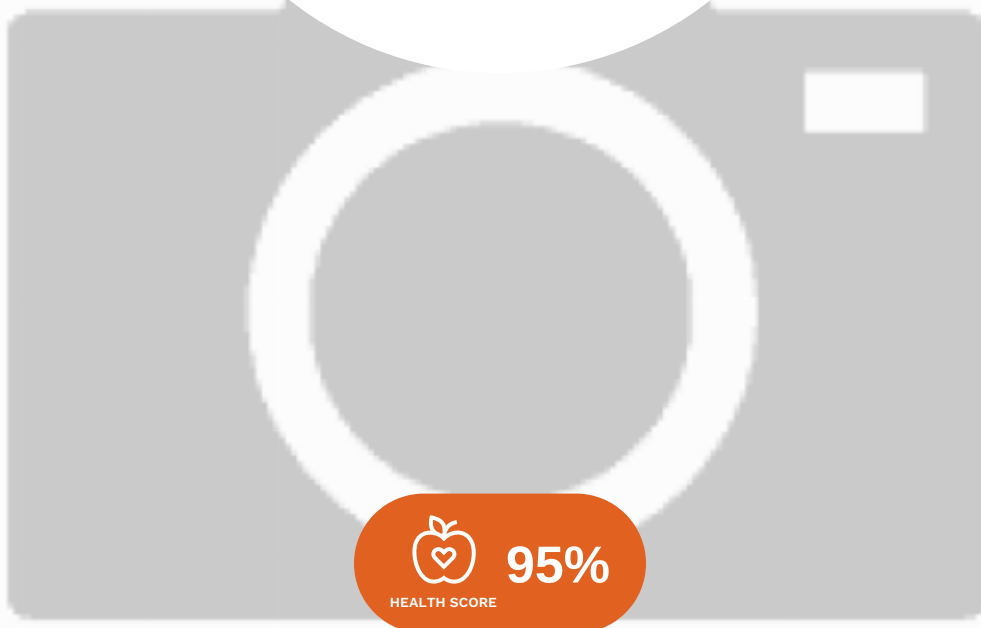




Squash and Green Bean Saute Side Dish



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1 tablespoon parsley dried
- ☐ 1.5 cups green beans
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.1 teaspoon ground pepper black to taste
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon salt to taste
- ☐ 2 baby squash yellow sliced

Equipment

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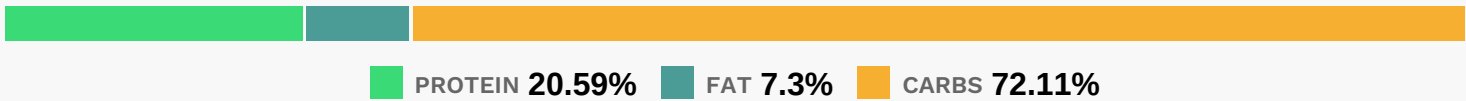
frying pan

Directions

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Cook and stir squash and green beans in a nonstick skillet over medium heat until slightly softened, 2 to 3 minutes. Stir tomatoes, lemon juice, parsley, coriander, salt, and black pepper into squash mixture; cook and stir until tomatoes have softened, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:20.372173848359%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 85.07kcal (4.25%), Fat: 0.84g (1.29%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 12.97g (4.72%), Sugar: 10.24g (11.37%), Cholesterol: 0mg (0%), Sodium: 171.38mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin C: 76.02mg (92.15%), Vitamin K: 58.28µg (55.51%), Manganese: 0.76mg (38.21%), Vitamin B6: 0.65mg (32.41%), Vitamin A: 1528.68IU (30.57%), Potassium: 981.52mg (28.04%), Folate: 103.41µg (25.85%), Vitamin B2: 0.42mg (24.5%), Fiber: 5.72g (22.88%), Magnesium: 70.77mg (17.69%), Iron: 2.62mg (14.57%), Phosphorus: 144.92mg (14.49%), Vitamin B1: 0.21mg (13.92%), Copper: 0.26mg (12.88%), Vitamin B3: 2.28mg (11.4%), Calcium: 88.71mg (8.87%), Vitamin E: 1.31mg (8.75%), Zinc: 1.01mg (6.73%), Vitamin B5: 0.67mg (6.66%), Selenium: 1.74µg (2.48%)