



Stewed Squash

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



59 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 slice bacon cut into strips
- 1 small onion chopped
- 4 servings salt and pepper to taste
- 2 cups water
- 2 to 3 sized squashes yellow cut into large chunks
- 1 large zucchini cut into large chunks

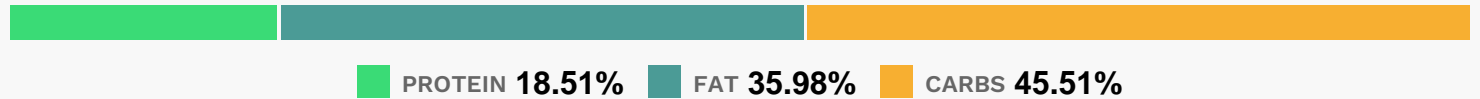
Equipment

- frying pan

Directions

- Saute bacon in a medium skillet; when it is half done, add onion and saute until lightly caramelized and bacon is done.
- Add squash and zucchini and brown lightly on both sides. Season with salt and pepper to taste and pour in water. Reduce heat to low, cover pan and simmer for about 15 to 20 minutes, or until tender.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:8.3904347005098%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 59.34kcal (2.97%), Fat: 2.64g (4.05%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 5.32g (1.93%), Sugar: 4.92g (5.46%), Cholesterol: 3.63mg (1.21%), Sodium: 245.23mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 32.41mg (39.28%), Vitamin B6: 0.38mg (19.04%), Manganese: 0.34mg (16.91%), Potassium: 504mg (14.4%), Vitamin B2: 0.22mg (13.19%), Folate: 51.13µg (12.78%), Fiber: 2.18g (8.73%), Magnesium: 34.79mg (8.7%), Phosphorus: 80.92mg (8.09%), Vitamin A: 359.89IU (7.2%), Vitamin B1: 0.11mg (7.11%), Vitamin K: 6.48µg (6.17%), Copper: 0.12mg (6.05%), Vitamin B3: 1.08mg (5.41%), Zinc: 0.65mg (4.33%), Iron: 0.7mg (3.9%), Vitamin B5: 0.37mg (3.69%), Calcium: 35.59mg (3.56%), Selenium: 1.55µg (2.22%), Vitamin E: 0.24mg (1.61%)