



Summer Squash and Bean Sauté

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- 15.5 oz butter beans rinsed drained canned
- 2 teaspoons cornstarch
- 0.3 cup basil fresh sliced
- 1 clove garlic finely chopped
- 8 oz green beans trimmed cut into 2-inch pieces (2 cups)
- 1 medium onion cut into thin wedges
- 1 cup rice long-grain white uncooked
- 2 extra large vegetable cube

- 1 tablespoon vegetable oil
- 3 cups water
- 2 cups zucchini yellow

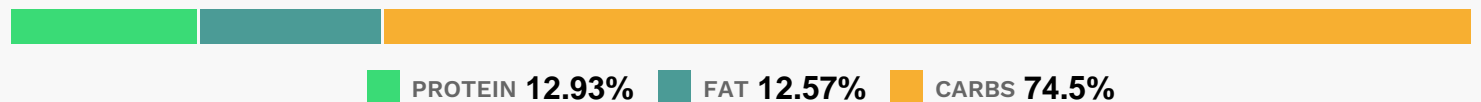
Equipment

- bowl
- frying pan

Directions

- Cook rice in 2 cups of the water as directed on package. Stir bouillon cubes into remaining 1 cup water. In small bowl, stir together cornstarch and 2 tablespoons of the bouillon mixture until well blended; set aside.
- Meanwhile, in 10-inch skillet, heat oil over medium-high heat.
- Add onion; cook and stir 2 minutes.
- Add green beans, garlic and remaining bouillon mixture; cover and cook 5 minutes.
- Add zucchini and squash medley; cook 2 to 3 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in cornstarch mixture; cook and stir until mixture is bubbly and slightly thickened.
- Add basil and butter beans; cook 1 to 3 minutes, stirring occasionally, until thoroughly heated. Season to taste with salt and pepper.
- Serve over rice. If desired, garnish with additional basil sprigs.

Nutrition Facts



Properties

Glycemic Index:71.3, Glycemic Load:28.21, Inflammation Score:-7, Nutrition Score:17.180869537851%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 336.84kcal (16.84%), Fat: 4.76g (7.32%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 63.41g (21.14%), Net Carbohydrates: 54.82g (19.94%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 730.03mg (31.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Manganese: 1.2mg (60%), Vitamin K: 39.69µg (37.8%), Fiber: 8.58g (34.33%), Vitamin C: 20.55mg (24.91%), Folate: 98.49µg (24.62%), Magnesium: 85.44mg (21.36%), Copper: 0.42mg (20.96%), Vitamin B6: 0.4mg (20.07%), Phosphorus: 189.68mg (18.97%), Iron: 3.3mg (18.31%), Selenium: 12.67µg (18.1%), Potassium: 623.93mg (17.83%), Vitamin B1: 0.18mg (12.12%), Vitamin A: 594.97IU (11.9%), Vitamin B2: 0.19mg (10.98%), Zinc: 1.64mg (10.92%), Vitamin B5: 1.05mg (10.49%), Vitamin B3: 1.77mg (8.87%), Calcium: 82.6mg (8.26%), Vitamin E: 0.65mg (4.36%)