



Summer Squash Sauté



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 2 garlic clove sliced
- ☐ 1 teaspoon kosher salt plus more
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan finely grated
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 pounds summer squash cut into matchsticks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Place squash in a colander set in the sink or over a large bowl and toss with 1 teaspoon salt.
- ☐ Let squash stand 10 minutes, then squeeze well to remove as much excess moisture as possible (do not rinse).
- ☐ Meanwhile, toast almonds in a large dry skillet over medium heat, tossing occasionally, until lightly browned, about 3 minutes.
- ☐ Transfer to a plate; let cool.
- ☐ Heat oil in same skillet over medium heat.
- ☐ Add garlic and red pepper flakes and cook, stirring often, until fragrant but not browned, about 2 minutes.
- ☐ Add squash and cook, tossing occasionally, until crisptender, about 5 minutes. Fold in Parmesan and season with salt and pepper. Fold in almonds.
- ☐ Dish, 4 Ways
- ☐ Switch up this squash sauté with different flavor combinations: Chile + Lime: Cook 1 chopped jalapeño along with garlic and red pepper flakes. Omit almonds and cheese and finish squash with lime juice and toasted pepitas.Carrot + Miso: Shred 1 large carrot and cook with the squash.
- ☐ Add 1/2 teaspoon each of ground cumin and ground coriander while sautéing the garlic and red pepper flakes.
- ☐ Serve with a dollop of plain Greek yogurt.
- ☐ Per serving: 180 calories, 13 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **14.77%**  FAT **62.66%**  CARBS **22.57%**

Properties

Glycemic Index:32.75, Glycemic Load:1.89, Inflammation Score:-7, Nutrition Score:13.303478187193%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 158.8kcal (7.94%), Fat: 11.92g (18.34%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.31g (5.9%), Cholesterol: 4.25mg (1.42%), Sodium: 688.55mg (29.94%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.32g (12.64%), Vitamin C: 39.02mg (47.3%), Manganese: 0.57mg (28.55%), Vitamin B6: 0.53mg (26.47%), Vitamin B2: 0.41mg (24.2%), Vitamin E: 2.82mg (18.77%), Potassium: 652.08mg (18.63%), Folate: 68.84µg (17.21%), Phosphorus: 160.04mg (16%), Magnesium: 57.58mg (14.39%), Fiber: 3.31g (13.26%), Calcium: 127.49mg (12.75%), Vitamin K: 11.45µg (10.9%), Vitamin A: 540.21IU (10.8%), Copper: 0.18mg (9.22%), Vitamin B1: 0.13mg (8.43%), Zinc: 1.03mg (6.9%), Vitamin B3: 1.36mg (6.78%), Iron: 1.16mg (6.44%), Vitamin B5: 0.42mg (4.18%), Selenium: 2.34µg (3.34%), Vitamin B12: 0.08µg (1.25%)