



Summer Squash with Turmeric Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 0.3 cup hazelnuts skinless toasted roughly chopped
- ☐ 1 teaspoon honey such as buckwheat honey
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil for drizzling
- ☐ 0.5 teaspoon turmeric
- ☐ 1 pound summer squash yellow sliced

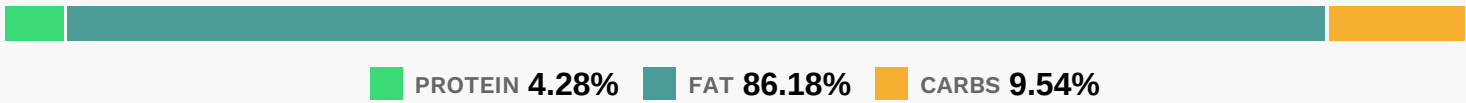
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place a medium skillet, preferably cast iron, over medium-high heat.
- ☐ Add the squash and let them char a little, tossing often.
- ☐ Drizzle in a little olive oil just to coat, and saute until nearly crisp-tender. Season with salt.
- ☐ If using a cast-iron skillet, transfer the squash to a large bowl before continuing.
- ☐ In a small pan over medium heat, melt the butter and add the turmeric. Stir until the butter has melted and the turmeric is evenly distributed. Cook 1 minute. Stir in the cilantro, honey and hazelnuts until combined. Return the squash back to the skillet and toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:9.1560869560294%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 244.33kcal (12.22%), Fat: 24.51g (37.7%), Saturated Fat: 5.93g (37.07%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 3.95g (1.44%), Sugar: 2.83g (3.15%), Cholesterol: 15.05mg (5.02%), Sodium: 241.5mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Manganese: 0.7mg (34.9%), Vitamin C: 19.84mg

(24.05%), Vitamin E: 3.45mg (23%), Vitamin B6: 0.3mg (14.84%), Vitamin K: 13.73µg (13.07%), Folate: 42.1µg (10.52%), Vitamin B2: 0.18mg (10.46%), Potassium: 362.46mg (10.36%), Copper: 0.2mg (10.11%), Magnesium: 35mg (8.75%), Fiber: 2.15g (8.61%), Vitamin A: 409.97IU (8.2%), Phosphorus: 71.52mg (7.15%), Vitamin B1: 0.1mg (6.98%), Iron: 0.96mg (5.35%), Vitamin B3: 0.79mg (3.95%), Zinc: 0.56mg (3.74%), Calcium: 28.25mg (2.82%), Vitamin B5: 0.27mg (2.68%)