



Whitney & Ashley's Squash & Tomato Packets

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 2 large roma tomatoes cut into wedges
- ☐ 4 servings salt and pepper to taste
- ☐ 2 medium baby squash yellow cut into 1/2-inch slices

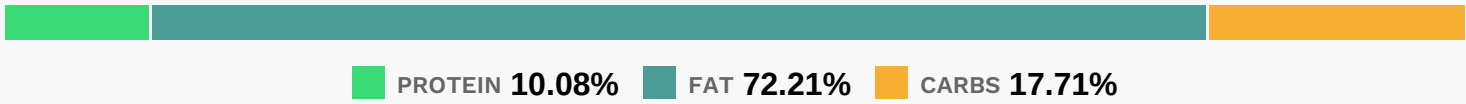
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Place 1/4 of vegetables in center of a sheet of foil.
- ☐ Drizzle with butter; top with basil.
- ☐ Sprinkle with salt and pepper.
- ☐ Bring up sides of foil over vegetables; fold down two times. Double fold both ends of foil to seal packet, leaving room for heat circulation inside. Repeat to make four packets.
- ☐ Place packets on baking sheet with 1-inch sides.
- ☐ Bake 15 to 18 minutes on the cookie sheet.
- ☐ Open packets carefully by cutting beside top fold with a sharp knife, allowing steam to escape.
- ☐ Sprinkle 1 tablespoon Parmesan cheese over vegetables in each packet.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:8.0026086653056%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 157.49kcal (7.87%), Fat: 13.24g (20.38%), Saturated Fat: 8.29g (51.78%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.2g (4.67%), Cholesterol: 34.35mg (11.45%), Sodium: 388.61mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 23.21mg (28.14%), Vitamin A: 932.58IU (18.65%), Vitamin B6: 0.28mg (13.99%), Manganese: 0.26mg (13.06%), Vitamin K: 12.81µg (12.2%), Potassium: 383.95mg (10.97%), Vitamin B2: 0.18mg (10.54%), Calcium: 104.26mg (10.43%), Folate: 40.17µg (10.04%), Phosphorus: 100.23mg (10.02%), Fiber: 1.94g (7.77%), Magnesium: 26.82mg (6.7%), Vitamin B1: 0.07mg (4.99%), Copper: 0.09mg (4.35%), Vitamin E: 0.64mg (4.27%), Zinc: 0.58mg (3.87%), Vitamin B3: 0.73mg (3.65%), Iron: 0.59mg (3.27%), Selenium: 1.88µg (2.69%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.1µg (1.65%)