

# Yellow Squash



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup milk
- ☐ 1 tablespoon onion minced
- ☐ 4 servings salt and pepper to taste
- ☐ 4 baby squash yellow

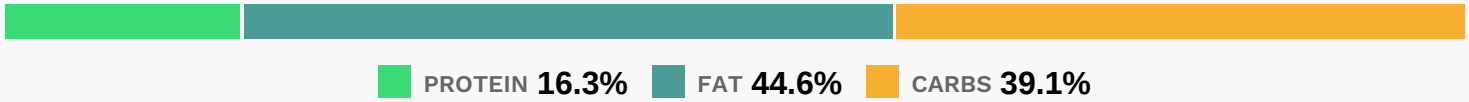
## Equipment

- ☐ pot

# Directions

- ☐ Slice and steam or boil squash until tender.
- ☐ Pour off any remaining water.
- ☐ Mash the squash slightly. In a medium size pot place mashed squash, onion, butter, milk, salt and pepper.
- ☐ Mix well and heat over a medium flame.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:2.01, Inflammation Score:-6, Nutrition Score:9.6121739097263%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 75.75kcal (3.79%), Fat: 4.17g (6.42%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 6.03g (2.19%), Sugar: 5.89g (6.54%), Cholesterol: 11.19mg (3.73%), Sodium: 231.9mg (10.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 33.51mg (40.61%), Vitamin B6: 0.45mg (22.45%), Vitamin B2: 0.32mg (18.96%), Manganese: 0.35mg (17.4%), Potassium: 563.8mg (16.11%), Folate: 57.42µg (14.35%), Phosphorus: 106.85mg (10.69%), Vitamin A: 528.92IU (10.58%), Magnesium: 37.31mg (9.33%), Fiber: 2.2g (8.79%), Vitamin B1: 0.11mg (7.5%), Calcium: 68.45mg (6.84%), Vitamin K: 6.23µg (5.93%), Copper: 0.1mg (5.07%), Vitamin B3: 0.99mg (4.95%), Zinc: 0.7mg (4.68%), Vitamin B5: 0.42mg (4.24%), Iron: 0.69mg (3.85%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.33mg (2.21%), Selenium: 1.02µg (1.46%)