



Yellow Squash Ribbons with Red Onion and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup thinly onion red vertically sliced
- ☐ 1 ounce parmesan cheese fresh shaved
- ☐ 0.3 teaspoon salt

☐ 1.5 pounds baby squash yellow

Equipment

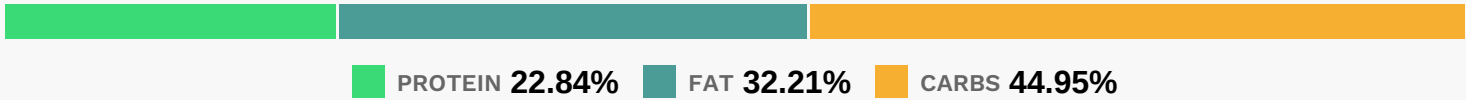
☐ frying pan

☐ peeler

Directions

- ☐ Using a vegetable peeler, shave squash into ribbons to measure 5 cups. Discard seeds and core of squash.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add squash, onion, and garlic; cook 4 minutes or until onion is tender, gently stirring occasionally.
- ☐ Remove from heat.
- ☐ Add salt, red pepper, and black pepper, and toss gently to combine.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:9.6739129236211%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 81.62kcal (4.08%), Fat: 3.2g (4.93%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.41g (2.69%), Sugar: 5.51g (6.12%), Cholesterol: 4.82mg (1.61%), Sodium: 266.11mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin C: 32.11mg (38.92%), Vitamin B6: 0.44mg (21.88%), Manganese: 0.38mg (19.08%), Vitamin B2: 0.28mg (16.36%), Potassium: 517.72mg (14.79%), Folate: 57.5µg (14.38%), Phosphorus: 127.14mg (12.71%), Calcium: 121.05mg (12.11%), Fiber: 2.64g (10.57%), Magnesium: 36.63mg

(9.16%), Vitamin A: 434.16IU (8.68%), Vitamin B1: 0.1mg (6.98%), Vitamin K: 6.33µg (6.03%), Copper: 0.11mg (5.49%), Zinc: 0.77mg (5.15%), Vitamin B3: 0.92mg (4.58%), Iron: 0.79mg (4.39%), Vitamin B5: 0.35mg (3.52%), Selenium: 2.27µg (3.25%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.09µg (1.42%)