



Yellow Squash Rice



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



5

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove minced
- ☐ 0.5 cup brown rice instant uncooked (such as Uncle Ben's)
- ☐ 1 tablespoon butter light
- ☐ 1 cup onion chopped (1 medium)
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parsley finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups baby squash yellow chopped (1 medium)

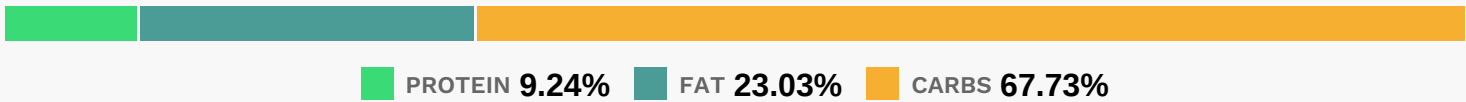
Equipment

☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Meanwhile, place a medium nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add squash and oregano; saut 3 minutes. Stir in rice, parsley, butter, and salt; toss well.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:5.1504347970628%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 65.97kcal (3.3%), Fat: 1.73g (2.66%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.28g (3.74%), Sugar: 2.01g (2.23%), Cholesterol: 2.97mg (0.99%), Sodium: 121.04mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 28.61µg (27.25%), Vitamin C: 9.49mg (11.5%), Folate: 40.87µg (10.22%), Manganese: 0.2mg (9.91%), Vitamin B1: 0.11mg (7.41%), Vitamin B6: 0.12mg (6.09%), Iron: 0.92mg (5.12%), Selenium: 3.54µg (5.06%), Vitamin A: 242.92IU (4.86%), Fiber: 1.17g (4.67%), Vitamin B3: 0.81mg (4.06%), Potassium: 138.86mg (3.97%), Phosphorus: 33.26mg (3.33%), Vitamin B2: 0.06mg (3.32%), Magnesium: 10.84mg (2.71%), Copper: 0.05mg (2.38%), Calcium: 21.39mg (2.14%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.13mg (1.32%)