



Zesty Zucchini and Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers canned
- 6 servings garlic powder to taste
- 0.5 onion chopped
- 6 servings salt to taste
- 3 medium baby squash yellow cubed
- 3 small zucchini cubed

Equipment

- sauce pan

Directions

- In a large saucepan, combine squash, zucchini, tomatoes with chiles, onion, salt and garlic powder. Bring to a boil over medium-high heat.
- Reduce heat to low and cook until tender-crisp.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:1.18, Inflammation Score:-5, Nutrition Score:8.030434810597%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 52.06kcal (2.6%), Fat: 0.4g (0.61%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 359.98mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin C: 33.61mg (40.73%), Vitamin B6: 0.37mg (18.52%), Manganese: 0.32mg (15.88%), Fiber: 3.65g (14.61%), Potassium: 459.96mg (13.14%), Vitamin B2: 0.2mg (11.84%), Folate: 45.73µg (11.43%), Magnesium: 30.51mg (7.63%), Phosphorus: 74.74mg (7.47%), Vitamin A: 314.18IU (6.28%), Vitamin B1: 0.09mg (6.06%), Vitamin K: 5.53µg (5.26%), Copper: 0.1mg (5.05%), Iron: 0.75mg (4.18%), Vitamin B3: 0.78mg (3.89%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.31mg (3.06%), Calcium: 28.74mg (2.87%), Selenium: 1.08µg (1.54%), Vitamin E: 0.21mg (1.4%)