

Zucchini Hash

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.3 cup chives cut into 1/2-inch pieces
- 1 tablespoon olive oil extra-virgin
- 0.5 onion diced red
- 4 servings salt and pepper freshly ground
- 0.5 pound baby squash yellow cubed
- 0.5 pound zucchini cubed

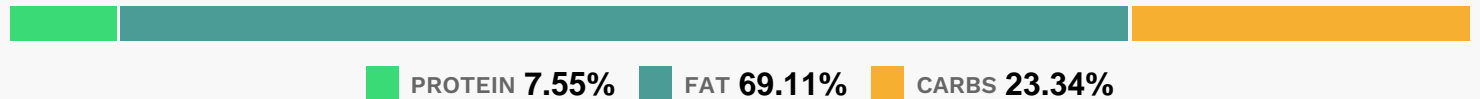
Equipment

frying pan

Directions

- In a large skillet, heat oil and butter over high heat.
- Add zucchini, squash and onion. Cook until softened and golden, about 10 minutes.
- Remove from heat and mix in chives. Season with salt and freshly ground black pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:6.0317391354753%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 81kcal (4.05%), Fat: 6.65g (10.24%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.57g (1.3%), Sugar: 3.3g (3.66%), Cholesterol: 7.53mg (2.51%), Sodium: 222.66mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin C: 22.26mg (26.98%), Vitamin B6: 0.24mg (11.8%), Manganese: 0.23mg (11.36%), Vitamin K: 11.87µg (11.31%), Potassium: 324.93mg (9.28%), Folate: 35.39µg (8.85%), Vitamin A: 423.36IU (8.47%), Vitamin B2: 0.14mg (8.33%), Fiber: 1.49g (5.95%), Magnesium: 22.34mg (5.59%), Phosphorus: 49.37mg (4.94%), Vitamin E: 0.73mg (4.86%), Vitamin B1: 0.06mg (4.08%), Copper: 0.07mg (3.42%), Vitamin B3: 0.57mg (2.83%), Iron: 0.5mg (2.77%), Zinc: 0.39mg (2.58%), Calcium: 24.03mg (2.4%), Vitamin B5: 0.23mg (2.32%)