

Sauteed Italian Seasoned Squash

1 small	white squash
1 small (6-inch)	zucchini
1 medium	yellow squash
1/2 small	white onion
2 teaspoons	olive oil
3/4 teaspoon	Italian seasoning
1/2 teaspoon	garlic salt
1/4 teaspoon	coarse ground pepper

Cut white squash into quarters and then into 1/4-inch thick slices or wedges. Slice zucchini and yellow squash diagonally into 1/4-inch thick rounds. Cut rounds in half. Cut onion into thin wedges. Heat a large non-stick skillet over Medium-High heat. Add oil to hot skillet. Saute white squash and onion 2 minutes. Add zucchini, yellow squash, Italian seasonings, garlic salt and pepper. Saute another 5 minutes. Serve immediately.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	40.62
Calories From Fat (53%)	21.63
% Daily Value	
Total Fat 2.46g	4%
Saturated Fat 0.35g	2%
Cholesterol 0.00mg	0%
Sodium 261.04mg	11%
Potassium 238.41mg	7%
Carbohydrates 4.52g	2%
Dietary Fiber 1.59g	6%
Sugar 1.53g	
Sugar Alcohols 0.00g	
Net Carbohydrates 2.93g	
Protein 1.13g	2%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 small white squash	1 x 1 cup, sliced of Squash, summer, all varieties, raw
1 small (6-inch) zucchini	1 x 1 cup, chopped of Squash, summer, zucchini, includes skin, raw
1 medium yellow squash	1 x 1 cup, sliced of Squash, summer, crookneck and straightneck, raw
1/2 small white onion	0.50 x 1 small of Onions, raw
2 teaspoons olive oil	2 x 1 teaspoon of Oil, olive, salad or cooking
3/4 teaspoon Italian seasoning	0.75 x 1 teaspoon of Spices, Italian seasoning
1/2 teaspoon garlic salt	0.50 x 1 teaspoon of Spices, garlic salt
1/4 teaspoon coarse ground pepper	0.25 x 1 teaspoon of Spices, pepper, black

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