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Oven Baked Summer Squash ♦

Oven Baked Summer Squash is a delicious and healthy dish that is perfect for summer. It is made with fresh summer squash, seasoned with herbs and spices, and baked in the oven until tender and golden brown. This dish can be enjoyed as a side dish or as a main course. It is a great way to use up summer squash from the garden or farmers market.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	summer squash
2 tbsp	olive oil
1 tsp	garlic powder
1 tsp	dried thyme
1 tsp	salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and slice the summer squash into 1/4-inch thick rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, toss the sliced summer squash with olive oil, garlic powder, dried thyme, salt, and black pepper until well coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Spread the seasoned summer squash in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Baking

Bake in the preheated oven for 20-25 minutes, or until the squash is tender and golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian

Meal Type

Breakfast Lunch Brunch Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Salads Snacks

Difficulty Level

Medium

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