



All-American Squash Casserole With Crispy Potato Chip Topping

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz water chestnuts drained chopped canned
- ☐ 1 cup carrots grated
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 2.3 cups lay's classic potato chips crushed
- ☐ 2.5 teaspoons salt divided
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 1 small onion sweet chopped

- ☐ 1.5 pounds baby squash yellow
- ☐ 1 pound zucchini

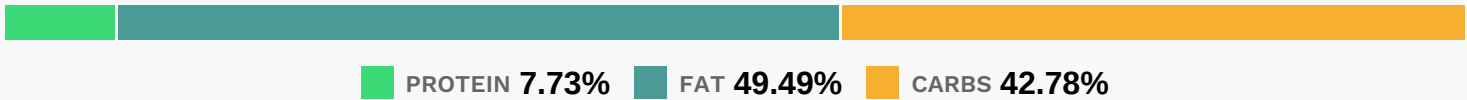
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Cut squash and zucchini into 1/4-inch-thick slices; place in a Dutch oven.
- ☐ Add chopped onion, 2 tsp. salt, and water to cover. Bring to a boil over medium-high heat, and cook 5 minutes; drain well.
- ☐ Stir together grated carrots, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl; fold in squash mixture.
- ☐ Sprinkle 1 cup crushed chips in bottom of a lightly greased 13- x 9-inch baking dish. Spoon squash mixture over crushed chips, and top with remaining chips.
- ☐ Bake at 350 for 35 minutes or until bubbly and golden, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:16.516956484836%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 282.76kcal (14.14%), Fat: 16.26g (25.01%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 27.44g (9.98%), Sugar: 8.46g (9.4%), Cholesterol: 19.77mg (6.59%), Sodium: 1152.9mg (50.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin A: 3202.82IU (64.06%), Vitamin C: 33.56mg (40.68%), Vitamin B6: 0.56mg (28.13%), Manganese: 0.54mg (26.94%), Potassium: 864.54mg (24.7%), Vitamin E: 3.3mg (22.03%), Vitamin B2: 0.29mg (16.98%), Fiber: 4.17g (16.68%), Vitamin B5: 1.6mg (16.02%), Folate: 62.78µg (15.69%), Phosphorus: 149.07mg (14.91%), Vitamin K: 14.58µg (13.89%), Magnesium: 52.01mg (13%), Copper: 0.26mg (12.92%), Vitamin B3: 2.36mg (11.78%), Vitamin B1: 0.16mg (10.68%), Iron: 1.78mg (9.91%), Zinc: 1.15mg (7.69%), Calcium: 76.52mg (7.65%), Selenium: 3.19µg (4.56%)