



Aunt Fanny's Squash

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups corn flakes cereal crushed
- ☐ 1 tablespoon cornstarch
- ☐ 2 eggs beaten
- ☐ 0.8 cup milk
- ☐ 6 servings salt and pepper to taste
- ☐ 1 onion sweet thinly sliced
- ☐ 2 pounds baby squash yellow thinly sliced

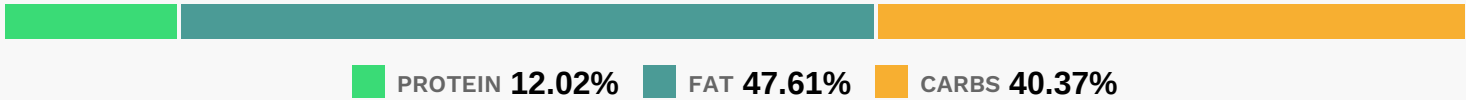
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart microwave-safe baking dish with a cover.
- ☐ Spread the squash and onion slices in the baking dish, dot with 1/4 cup of butter cut into chunks, cover the dish, and microwave on High 5 to 7 minutes, or until the vegetables are steaming hot and tender.
- ☐ In a bowl, whisk together milk and cornstarch until smooth, and stir in the beaten eggs, salt, and pepper.
- ☐ Pour the milk mixture over the squash and onions.
- ☐ Melt 1/4 cup butter.
- ☐ Sprinkle the corn flakes cereal evenly over the top of the casserole, drizzle with the melted butter, and bake in preheated oven for 25 to 30 minutes, until the cereal topping is golden and crisp.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.63, Inflammation Score:-7, Nutrition Score:13.820000161295%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin:

0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 187.33kcal (9.37%), Fat: 10.4g (15.99%), Saturated Fat: 5.97g (37.28%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 17.35g (6.31%), Sugar: 8.51g (9.45%), Cholesterol: 78.56mg (26.19%), Sodium: 362.62mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Vitamin C: 30.31mg (36.74%), Vitamin B6: 0.61mg (30.61%), Vitamin B2: 0.48mg (28.23%), Folate: 97.03µg (24.26%), Iron: 3.64mg (20.2%), Vitamin A: 834.61IU (16.69%), Manganese: 0.33mg (16.44%), Vitamin B1: 0.24mg (16.25%), Potassium: 545.81mg (15.59%), Phosphorus: 144.16mg (14.42%), Vitamin B12: 0.78µg (12.97%), Vitamin B3: 2.53mg (12.64%), Magnesium: 39.96mg (9.99%), Fiber: 2.48g (9.92%), Selenium: 6.57µg (9.38%), Calcium: 82.32mg (8.23%), Copper: 0.14mg (6.91%), Vitamin B5: 0.66mg (6.59%), Vitamin D: 0.96µg (6.43%), Zinc: 0.93mg (6.18%), Vitamin K: 5.5µg (5.24%), Vitamin E: 0.59mg (3.95%)