



Calico Squash Casserole

READY IN



50 min.

SERVINGS



10

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups buttery round crackers crushed
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 large carrots shredded
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 cup green onion sliced
- ☐ 0.5 cup mayonnaise
- ☐ 1 onion chopped
- ☐ 4 ounce pimento peppers diced drained

- ☐ 1 teaspoon sage
- ☐ 1 teaspoon salt divided
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 1 cup water
- ☐ 0.5 teaspoon pepper white
- ☐ 2 cups baby squash yellow sliced
- ☐ 1 cup zucchini sliced

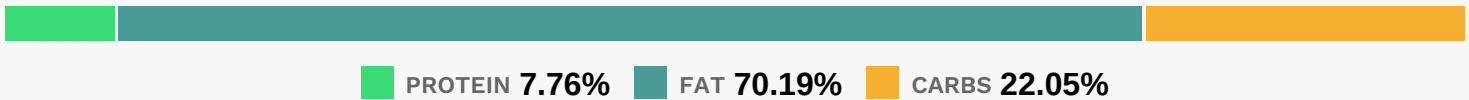
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large saucepan combine yellow squash, zucchini, onion, green onion, water and 1/2 teaspoon salt. Cover and cook over medium heat about 6 minutes.
- ☐ Drain well and set aside.
- ☐ In a medium bowl combine cracker crumbs and butter.
- ☐ Mix well and spread half of the mixture into the bottom of a 9x13 inch casserole dish.
- ☐ In a large bowl combine soup, water chestnuts, carrots, mayonnaise, pimentos, sage, pepper and remaining 1/2 teaspoon salt. Fold in squash mixture and spoon over crumb crust.
- ☐ Sprinkle cheese on top, and then the remaining cracker crumbs.
- ☐ Bake in preheated oven for 20 to 30 minutes, or until firm and heated through.

Nutrition Facts



Properties

Glycemic Index:32.48, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:12.168260890505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 316.6kcal (15.83%), Fat: 25.13g (38.66%), Saturated Fat: 10.38g (64.87%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 15.41g (5.6%), Sugar: 4.01g (4.45%), Cholesterol: 41.93mg (13.98%), Sodium: 785.56mg (34.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin A: 2003.19IU (40.06%), Copper: 0.76mg (38.14%), Vitamin K: 33.93µg (32.31%), Vitamin C: 20.04mg (24.29%), Manganese: 0.32mg (15.99%), Phosphorus: 127.8mg (12.78%), Calcium: 119.87mg (11.99%), Vitamin B6: 0.21mg (10.44%), Vitamin B2: 0.18mg (10.36%), Vitamin E: 1.51mg (10.08%), Fiber: 2.35g (9.4%), Iron: 1.58mg (8.78%), Folate: 31.48µg (7.87%), Zinc: 1.17mg (7.79%), Potassium: 268.51mg (7.67%), Vitamin B3: 1.35mg (6.73%), Vitamin B1: 0.1mg (6.57%), Selenium: 4.54µg (6.49%), Magnesium: 19.62mg (4.91%), Vitamin B12: 0.2µg (3.35%), Vitamin B5: 0.33mg (3.27%)