



Cheddar-Squash Casserole

READY IN



65 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion sweet chopped
- ☐ 1.3 lb to 3 sized squashes yellow cut into 1/4-inch slices
- ☐ 2 eggs
- ☐ 5 oz sharp cheddar cheese shredded
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 cups sandwich bread white hearty cubed (1 inch)

- ☐ 1 sprig thyme leaves fresh
- ☐ 0.5 cup frangelico

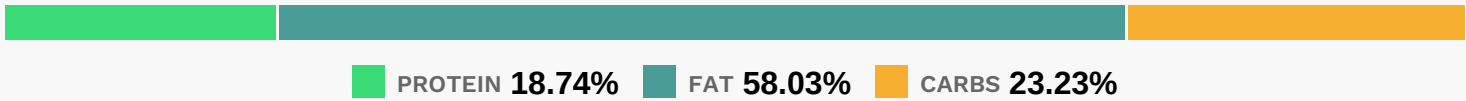
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Generously spray 8-inch square (2-quart) glass baking dish with cooking spray.
- ☐ In 12-inch skillet, melt butter over medium-high heat. Cook onion in butter 2 minutes, stirring frequently, until almost tender.
- ☐ Add squash; cook 4 minutes, stirring occasionally, until just tender and lightly browned.
- ☐ Remove from heat; cool 5 minutes.
- ☐ In large bowl, beat eggs with whisk until blended. Stir in half-and-half, 3/4 cup of the cheese, the thyme leaves, salt and pepper. Gently stir in squash mixture and bread cubes. Spoon into baking dish.
- ☐ Bake uncovered 20 minutes. Top with remaining 1/2 cup cheese; bake 10 minutes longer or until puffed and golden.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish with thyme sprig.

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:9.22, Inflammation Score:-9, Nutrition Score:16.200869663902%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 317.78kcal (15.89%), Fat: 20.88g (32.12%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 16.34g (5.94%), Sugar: 5.52g (6.14%), Cholesterol: 117.28mg (39.09%), Sodium: 731.59mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Calcium: 343.49mg (34.35%), Vitamin C: 27.07mg (32.81%), Selenium: 22.39µg (31.99%), Vitamin B2: 0.52mg (30.87%), Phosphorus: 293.68mg (29.37%), Folate: 89.12µg (22.28%), Manganese: 0.44mg (22.22%), Vitamin A: 1068.26IU (21.37%), Vitamin B6: 0.42mg (21.15%), Zinc: 2.24mg (14.96%), Vitamin B1: 0.21mg (14.06%), Potassium: 491.42mg (14.04%), Magnesium: 46.61mg (11.65%), Iron: 1.98mg (10.99%), Fiber: 2.46g (9.85%), Vitamin B12: 0.58µg (9.64%), Vitamin B3: 1.85mg (9.24%), Vitamin B5: 0.86mg (8.56%), Copper: 0.15mg (7.39%), Vitamin E: 0.94mg (6.26%), Vitamin K: 5.48µg (5.22%), Vitamin D: 0.65µg (4.35%)