



Cheddar-Squash Casserole

READY IN



65 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 2 eggs
- 2 teaspoons thyme sprigs fresh
- 0.5 cup half and half
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 5 oz sharp cheddar cheese shredded
- 0.5 cup onion sweet chopped
- 1 sprig thyme leaves fresh

- 2 cups sandwich bread white hearty cubed (1 inch)
- 1.3 lb to 3 sized squashes yellow cut into 1/4-inch slices

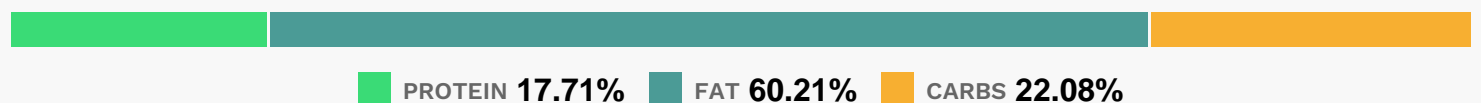
Equipment

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

Directions

- Heat oven to 375F. 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:17.104782602061%

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: 357.41kcal (17.87%), Fat: 24.36g (37.47%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 17.64g (6.41%), Sugar: 6.77g (7.52%), Cholesterol: 127.86mg (42.62%), Sodium: 750.04mg (32.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Calcium: 375.86mg (37.59%), Vitamin B2: 0.58mg (34.32%), Selenium: 23.36µg (33.37%), Vitamin C: 27.34mg (33.14%), Phosphorus: 322.42mg (32.24%), Vitamin A: 1175.34IU (23.51%), Folate: 90.02µg (22.51%), Manganese: 0.44mg (22.23%), Vitamin B6: 0.44mg (21.9%), Zinc: 2.36mg (15.75%), Potassium: 531.35mg (15.18%), Vitamin B1: 0.22mg (14.66%), Magnesium: 49.64mg (12.41%), Iron: 1.99mg (11.08%), Vitamin B12: 0.64µg (10.6%), Fiber: 2.46g (9.85%), Vitamin B5: 0.94mg (9.44%), Vitamin B3: 1.88mg (9.41%), Copper: 0.15mg (7.52%), Vitamin E: 1.01mg (6.76%), Vitamin K: 5.87µg (5.59%), Vitamin D: 0.65µg (4.35%)