



Cheesy Squash and Zucchini Casserole



Vegetarian



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup biscuit baking mix bisquick® (such as)
- ☐ 0.3 cup bread crumbs
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 0.5 onion diced
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 tablespoon sugar white

- ☐ 1 pound baby squash yellow sliced
- ☐ 1 pound zucchini sliced

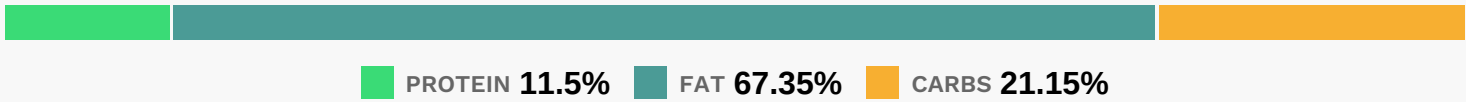
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Fill a large pot with water and bring to a rolling boil.
- ☐ Add yellow squash, zucchini, and onion; bring back to a boil, and cook vegetables until tender, about 15 minutes.
- ☐ Drain and transfer vegetables to a large bowl.
- ☐ Mix Cheddar cheese, baking mix, butter, eggs, sugar, and salt with the cooked vegetables using a large spoon; stir until butter has melted and baking mix has dissolved. Fold crushed crackers into the mixture until the liquid has been absorbed.
- ☐ Pour mixture into a 1 1/2-quart casserole dish; top with bread crumbs.
- ☐ Bake in the preheated oven until topping is lightly browned and cheese is melted, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:9.7521738695062%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 247.75kcal (12.39%), Fat: 18.98g (29.21%), Saturated Fat: 10.76g (67.26%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 11.79g (4.29%), Sugar: 5.63g (6.26%), Cholesterol: 85.7mg (28.57%), Sodium: 616.27mg (26.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Vitamin C: 20.32mg (24.63%), Phosphorus: 184.41mg (18.44%), Vitamin B2: 0.3mg (17.63%), Vitamin A: 782.71IU (15.65%), Calcium: 148.38mg (14.84%), Manganese: 0.27mg (13.51%), Folate: 52.9µg (13.23%), Vitamin B6: 0.26mg (13.15%), Selenium: 9.2µg (13.14%), Potassium: 354.96mg (10.14%), Vitamin B1: 0.14mg (9.39%), Zinc: 1.13mg (7.5%), Magnesium: 29.28mg (7.32%), Fiber: 1.62g (6.47%), Vitamin K: 6.24µg (5.94%), Iron: 1.01mg (5.64%), Vitamin B3: 1.13mg (5.63%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.31µg (5.21%), Copper: 0.09mg (4.74%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.3µg (2.03%)