



Cheesy Squash Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup breadcrumbs soft toasted
- ☐ 1 cup skim milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds to 3 sized squashes yellow sliced

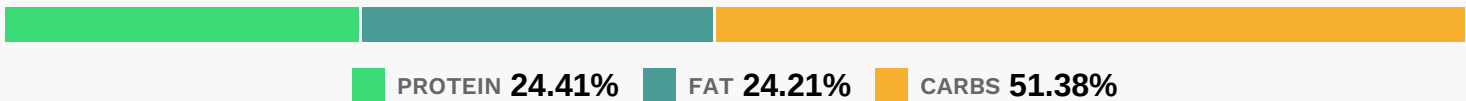
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook squash and onion in a small amount of boiling water 10 to 12 minutes or until vegetables are tender.
- ☐ Drain; set aside.
- ☐ Preheat oven to 35
- ☐ Melt margarine in a medium, heavy saucepan over medium heat.
- ☐ Add flour; cook, stirring constantly, 1 minute. Gradually add milk; cook, stirring constantly, until mixture is thickened and bubbly.
- ☐ Remove from heat; add cheese, salt, and pepper, stirring until cheese melts.
- ☐ Add squash mixture; stir well.
- ☐ Spoon squash mixture into a shallow 1 1/2-quart baking dish coated with cooking spray.
- ☐ Sprinkle squash mixture evenly with breadcrumbs.
- ☐ Bake at 350 for 20 to 25 minutes or until mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:24.91, Glycemic Load:2.67, Inflammation Score:-5, Nutrition Score:8.5208695712297%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 99.17kcal (4.96%), Fat: 2.77g (4.27%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.37g (4.14%), Sugar: 5.16g (5.73%), Cholesterol: 3.15mg (1.05%), Sodium: 291.79mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Vitamin C: 20.39mg (24.72%), Vitamin B2: 0.27mg (15.64%), Manganese: 0.3mg (15.13%), Vitamin B6: 0.3mg (14.85%), Phosphorus: 145.33mg (14.53%), Folate: 48.2µg (12.05%), Calcium: 118.53mg (11.85%), Potassium: 394mg (11.26%), Vitamin B1: 0.16mg (10.67%), Vitamin A: 374.52IU (7.49%), Fiber: 1.87g (7.49%), Magnesium: 29.63mg (7.41%), Selenium: 4.8µg (6.85%), Vitamin B3: 1.17mg (5.85%), Zinc: 0.8mg (5.32%), Iron: 0.89mg (4.96%), Copper: 0.09mg (4.37%), Vitamin B12: 0.26µg (4.25%), Vitamin K: 4.08µg (3.88%), Vitamin B5: 0.37mg (3.71%), Vitamin D: 0.35µg (2.32%), Vitamin E: 0.21mg (1.38%)