



Cheesy Zucchini Casserole II

READY IN



90 min.

SERVINGS



10

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter
- 48 round buttery crackers crushed
- 3 eggs beaten
- 1 large onion chopped
- 10 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded
- 9 zucchini peeled sliced

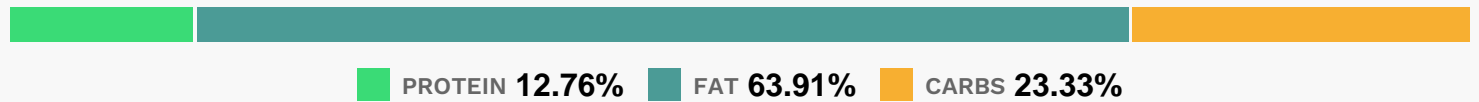
Equipment

- oven
- pot
- baking pan
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- Boil zucchini and onion in a large pot for about 10 minutes; drain. To the zucchini and onion add the butter, cheese, eggs, salt and pepper.
- Transfer to prepared baking dish and sprinkle cracker crumbs on top.
- Bake in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:13.22304331738%

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: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 276.25kcal (13.81%), Fat: 20.14g (30.99%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 14.2g (5.16%), Sugar: 6.33g (7.03%), Cholesterol: 90.46mg (30.15%), Sodium: 538.09mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Vitamin C: 32.69mg (39.62%), Phosphorus: 217.18mg (21.72%), Manganese: 0.42mg (20.76%), Vitamin B2: 0.35mg (20.41%), Calcium: 183.92mg (18.39%), Vitamin A: 877.86IU (17.56%), Vitamin B6: 0.35mg (17.43%), Folate: 65.66µg (16.41%), Vitamin K: 16.09µg (15.32%), Potassium: 533.47mg (15.24%), Selenium: 10.05µg (14.36%), Vitamin B1: 0.16mg (10.71%), Magnesium: 42.38mg (10.6%), Zinc: 1.48mg (9.87%), Fiber: 2.35g (9.4%), Iron: 1.59mg (8.83%), Vitamin E: 1.25mg (8.31%), Vitamin B3: 1.54mg (7.7%), Vitamin B5: 0.72mg (7.16%), Copper: 0.13mg (6.62%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.37µg (2.44%)