



WHATSheATE



Creamy Butternut Squash Casserole



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



619 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 pound butternut squash cubed peeled seeded
- ☐ 3 eggs
- ☐ 0.3 cup basil fresh chopped
- ☐ 6 cloves garlic crushed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 8 ounce coarsely mozzarella cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 2 small onions chopped

- ☐ 1 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour

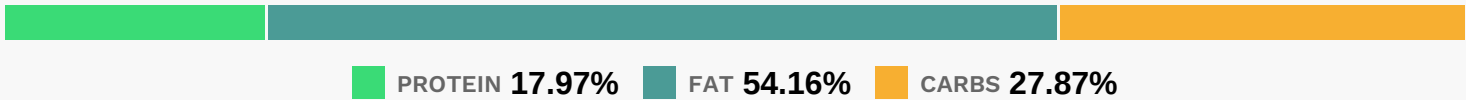
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease a 9x13–inch casserole dish.
- ☐ Heat olive oil in a skillet over medium heat; cook and stir onions in the hot oil until softened, about 10 minutes. Stir in squash and garlic; season with salt. Cook squash mixture, stirring occasionally, until squash is slightly tender, about 10 minutes.
- ☐ Add water if mixture gets too dry.
- ☐ Transfer squash mixture to the prepared casserole dish.
- ☐ Lightly whisk eggs in a bowl; stir in sour cream, Parmesan cheese, basil, and black pepper.
- ☐ Pour egg mixture over squash mixture; top with mozzarella cheese.
- ☐ Bake in the preheated oven until squash is tender and mozzarella cheese is bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:34.617826047151%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 618.86kcal (30.94%), Fat: 38.53g (59.28%), Saturated Fat: 17.77g (111.05%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 38.19g (13.89%), Sugar: 9.97g (11.07%), Cholesterol: 214.75mg (71.58%), Sodium: 1012.32mg (44.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.53%), Vitamin A: 31289.23IU (625.78%), Vitamin C: 64.28mg (77.91%), Calcium: 725.89mg (72.59%), Phosphorus: 569.24mg (56.92%), Selenium: 32.36µg (46.23%), Manganese: 0.78mg (39.23%), Vitamin E: 5.86mg (39.09%), Potassium: 1263.25mg (36.09%), Vitamin B12: 2.01µg (33.58%), Magnesium: 130.87mg (32.72%), Vitamin B6: 0.65mg (32.64%), Vitamin B2: 0.54mg (31.93%), Folate: 108.28µg (27.07%), Zinc: 3.86mg (25.74%), Fiber: 6.42g (25.69%), Vitamin B1: 0.35mg (23.67%), Vitamin B5: 2.02mg (20.22%), Vitamin B3: 3.64mg (18.18%), Iron: 3.22mg (17.89%), Vitamin K: 18.53µg (17.65%), Copper: 0.29mg (14.42%), Vitamin D: 1.01µg (6.75%)