



Creamy Squash Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



506 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 pound butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 2 carrots shredded
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 2.5 cups herb-seasoned stuffing mix dry

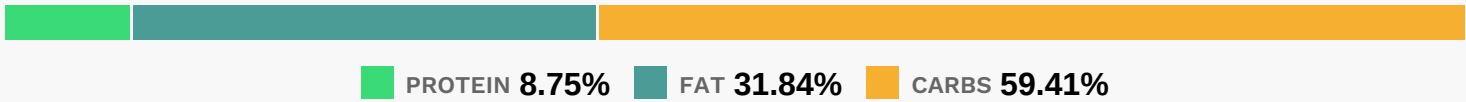
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 7x11-inch baking dish.
- ☐ Bring a pot of lightly salted water to a boil; stir in squash cubes. Reduce heat to low; simmer squash until slightly softened, about 3 minutes.
- ☐ Drain and set aside.
- ☐ Mix cream of chicken soup, sour cream, butter, carrots, and onion in a bowl until thoroughly combined; stir in 2 cups of stuffing mix and the squash.
- ☐ Transfer to prepared baking dish.
- ☐ Sprinkle top of casserole with remaining 1/2 cup of stuffing mix.
- ☐ Bake in the preheated oven until bubbling and squash is tender, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:23.83043465407%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 505.69kcal (25.28%), Fat: 18.12g (27.88%), Saturated Fat: 9.07g (56.68%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 70.82g (25.75%), Sugar: 10.95g (12.16%), Cholesterol: 41.08mg (13.69%), Sodium: 1391.38mg (60.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.41%), Vitamin A: 15088.37IU (301.77%), Selenium: 38µg (54.29%), Folate: 162.39µg (40.6%), Vitamin B1: 0.58mg (38.66%), Manganese: 0.73mg (36.6%), Vitamin C: 25.75mg (31.21%), Vitamin B3: 5.97mg (29.83%), Vitamin B2: 0.4mg (23.64%), Iron: 4.1mg

(22.8%), Fiber: 5.23g (20.92%), Potassium: 701.31mg (20.04%), Magnesium: 75.55mg (18.89%), Phosphorus: 185.83mg (18.58%), Vitamin E: 2.55mg (17.01%), Calcium: 170.12mg (17.01%), Vitamin B6: 0.33mg (16.61%), Copper: 0.32mg (16.12%), Vitamin B5: 0.98mg (9.82%), Zinc: 1.13mg (7.5%), Vitamin K: 6.77µg (6.45%), Vitamin B12: 0.09µg (1.52%)