




Double-Squash Basmati Gratin


 **Gluten Free**

READY IN




45 min.

SERVINGS



9

CALORIES



228 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black divided freshly ground
- 2 tablespoons butter melted
- 3 cups basmati rice cooked
- 2 large egg whites
- 0.3 cup fat-skimmed beef broth fat-free
- 4 ounces feta cheese
- 0.3 cup parsley fresh chopped
- 25 garlic

- 3 garlic clove minced
- 2 cups leek thinly sliced (2 large)
- 0.7 cup milk 1% low-fat
- 2 teaspoons oregano fresh chopped
- 2 ounces parmesan fresh grated
- 1 teaspoon salt divided
- 1 cup cream fat-free sour
- 1.3 pounds to 3 sized squashes yellow halved lengthwise thinly sliced
- 1.3 pounds zucchini halved lengthwise thinly sliced

Equipment

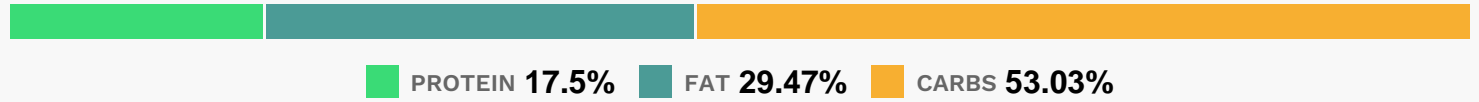
- food processor
- bowl
- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 37
- Combine zucchini, squash, leek, broth, 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic in a Dutch oven. Cover and cook over medium-high heat 20 minutes or until squash is very tender, stirring occasionally. Uncover and remove from heat; cool slightly.
- Combine remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper, sour cream, milk, and egg whites in a large bowl, stirring with a whisk.
- Add squash mixture, basmati rice, cheeses, parsley, and oregano; stir well to combine.
- Pour mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Place crackers in a food processor; process until coarsely ground.
- Drizzle with butter; pulse 3 times or until moist.

- Sprinkle cracker crumb mixture evenly over rice mixture.
- Bake at 375 for 25 minutes or until browned on top and bubbly around edges.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.78, Glycemic Load:18.48, Inflammation Score:-8, Nutrition Score:16.137391230334%

Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 228.45kcal (11.42%), Fat: 7.66g (11.78%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.62g (10.41%), Sugar: 4.97g (5.52%), Cholesterol: 25.36mg (8.45%), Sodium: 617.22mg (26.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Vitamin K: 45.08µg (42.94%), Manganese: 0.78mg (39.11%), Vitamin C: 29.5mg (35.76%), Vitamin B6: 0.53mg (26.69%), Calcium: 256.09mg (25.61%), Vitamin B2: 0.4mg (23.57%), Phosphorus: 224.71mg (22.47%), Vitamin A: 1011.26IU (20.23%), Selenium: 12.42µg (17.75%), Potassium: 527.75mg (15.08%), Folate: 59.62µg (14.9%), Magnesium: 49.41mg (12.35%), Zinc: 1.55mg (10.35%), Vitamin B1: 0.15mg (9.67%), Fiber: 2.39g (9.54%), Copper: 0.18mg (8.76%), Iron: 1.57mg (8.74%), Vitamin B12: 0.5µg (8.27%), Vitamin B5: 0.77mg (7.67%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.27µg (1.83%)