



## Easy Squash-and-Corn Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup breadcrumbs soft
- 2 tablespoons butter
- 12 ounce corn soufflé frozen
- 1 large eggs lightly beaten
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 4 ounces sharp cheddar cheese shredded
- 0.5 small onion sweet chopped

1 pound baby squash yellow sliced

## Equipment

frying pan

oven

baking pan

## Directions

Thaw corn souffl according to package directions, and set aside.

Melt butter in a skillet over medium-high heat; add onion, and saut 5 minutes or until tender.

Add squash, and saut 5 minutes.

Stir together corn souffl, squash mixture, cheese, and next 5 ingredients. Spoon mixture into a lightly greased 8-inch square baking dish.

Bake at 350 for 50 minutes or until set.

Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:15.38, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:9.9208695733029%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

## Nutrients (% of daily need)

Calories: 189.81kcal (9.49%), Fat: 9.23g (14.2%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 18.76g (6.82%), Sugar: 2.99g (3.32%), Cholesterol: 37.42mg (12.47%), Sodium: 359.53mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.51%), Vitamin K: 19.29µg (18.37%), Vitamin C: 15.03mg (18.22%), Phosphorus: 159.61mg (15.96%), Vitamin B2: 0.26mg (15.08%), Manganese: 0.29mg (14.41%), Folate:

56.52µg (14.13%), Calcium: 139.38mg (13.94%), Vitamin B6: 0.26mg (13.03%), Selenium: 9.04µg (12.92%), Vitamin B1: 0.19mg (12.35%), Vitamin A: 500.86IU (10.02%), Fiber: 2.51g (10.02%), Potassium: 345.45mg (9.87%), Magnesium: 34.76mg (8.69%), Vitamin B3: 1.72mg (8.58%), Zinc: 1.25mg (8.32%), Iron: 1.23mg (6.84%), Copper: 0.1mg (4.98%), Vitamin B5: 0.45mg (4.51%), Vitamin B12: 0.24µg (4.08%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.21µg (1.4%)