



FODMAPS Squash Casserole



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups cornflake crumbs to taste
- 2 eggs beaten
- 1 pinch ground pepper black to taste
- 0.5 cup butter
- 1 pinch lawry's seasoned salt to taste
- 0.3 cup sugar white
- 3 pounds baby squash yellow sliced

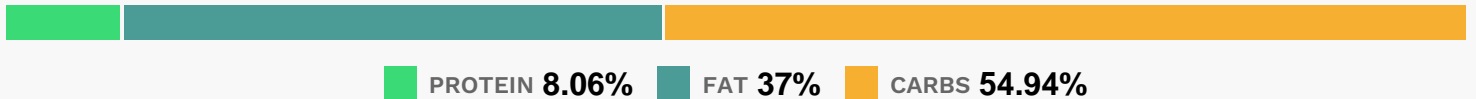
Equipment

- bowl
- oven
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place squash into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 10 minutes.
- Drain and mash squash in a bowl.
- Stir 1 cup corn flakes, margarine, eggs, sugar, seasoned salt, and black pepper into mashed squash.
- Transfer mixture to a 2-quart casserole dish.
- Sprinkle about 1/4 cup cornflake crumbs over squash mixture.
- Bake in the preheated oven until bubbling and topping is lightly browned, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:7.45, Inflammation Score:-9, Nutrition Score:30.295217285986%

Nutrients (% of daily need)

Calories: 401.36kcal (20.07%), Fat: 17.26g (26.55%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 57.64g (19.21%), Net Carbohydrates: 53.51g (19.46%), Sugar: 18.04g (20.05%), Cholesterol: 54.56mg (18.19%), Sodium: 569.61mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Iron: 15.3mg (85%), Vitamin B6: 1.4mg (70.17%), Vitamin B2: 1.15mg (67.46%), Folate: 248.82µg (62.2%), Vitamin C: 48.94mg (59.33%), Vitamin B1: 0.78mg (51.81%), Vitamin B3: 9.94mg (49.71%), Vitamin B12: 2.61µg (43.57%), Vitamin A: 2089.84IU (41.8%), Manganese: 0.49mg (24.31%), Potassium: 705.59mg (20.16%), Phosphorus: 169.87mg (16.99%), Fiber: 4.13g (16.5%), Magnesium: 60.13mg (15.03%), Vitamin D: 2.07µg (13.78%), Selenium: 9.1µg (13%), Copper: 0.22mg (11.23%), Zinc: 1.34mg (8.94%), Vitamin E: 1.07mg (7.15%), Vitamin B5: 0.71mg (7.05%), Vitamin K: 6.88µg (6.55%), Calcium: 50.53mg (5.05%)