



Granny's Squash Casserole

 **Gluten Free**

READY IN



75 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 tablespoons butter
- 1 cup carrots grated
- 10.8 ounce cream of chicken soup canned
- 1 onion chopped
- 2 tablespoons pimientos chopped
- 0.7 ounce salad dressing dry italian-style
- 10 servings salt and pepper to taste
- 1 cup cheddar cheese shredded

- 8 ounce cream sour
- 2 pounds to 3 sized squashes yellow chopped

Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a pot of salted water to a boil.
- Add squash and onion; cook until tender but still firm.
- Drain.
- In a large bowl, mix the squash, onion, cream of chicken soup, sour cream, butter, grated carrots, Cheddar cheese, pimento peppers, salt and pepper.
- Pour mixture into a medium baking dish and sprinkle the top with the Italian-style salad dressing mix.
- Bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



PROTEIN 10.97% **FAT 70.08%** **CARBS 18.95%**

Properties

Glycemic Index:27.08, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:9.9095651559208%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg 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: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 188.36kcal (9.42%), Fat: 15.18g (23.35%), Saturated Fat: 7.96g (49.78%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 7.62g (2.77%), Sugar: 4.36g (4.85%), Cholesterol: 39.16mg (13.05%), Sodium: 555.97mg (24.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin A: 2850.32IU (57.01%), Vitamin C: 20.35mg (24.67%), Vitamin B2: 0.25mg (14.43%), Calcium: 129.36mg (12.94%), Vitamin B6: 0.26mg (12.75%), Phosphorus: 122.85mg (12.29%), Manganese: 0.22mg (10.97%), Potassium: 355.53mg (10.16%), Folate: 35.55µg (8.89%), Vitamin K: 8.13µg (7.74%), Selenium: 4.97µg (7.1%), Fiber: 1.61g (6.45%), Magnesium: 25.02mg (6.26%), Zinc: 0.9mg (6.03%), Copper: 0.11mg (5.27%), Vitamin E: 0.73mg (4.86%), Vitamin B1: 0.07mg (4.68%), Iron: 0.81mg (4.48%), Vitamin B3: 0.75mg (3.77%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.18µg (2.95%)