



Lightened Squash Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup carrots grated
- ☐ 0.5 cup oatmeal cornflakes crushed
- ☐ 10.8 oz cream of chicken soup reduced-fat canned
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.5 cup fried onions french crushed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1.5 teaspoons salt divided

- ☐ 8 oz cream light sour
- ☐ 0.5 cup onion sweet chopped
- ☐ 3 pounds to 3 sized squashes yellow

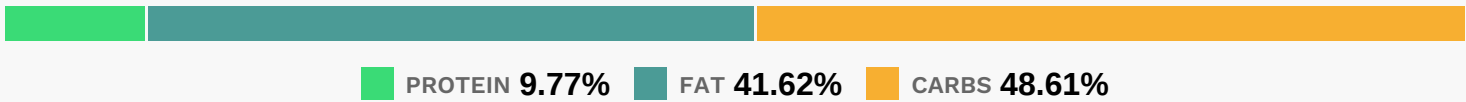
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Cut squash into 1/4-inch-thick slices; place in a Dutch oven.
- ☐ Add onion, 1 tsp. salt, and water to cover. Bring to a boil over medium-high heat, and cook 5 minutes; drain well, and pat squash dry with paper towels.
- ☐ Stir together grated carrots, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Spoon into a lightly greased 2-qt. oval baking dish.
- ☐ Stir together cornflakes and next 3 ingredients in a small bowl.
- ☐ Sprinkle over squash mixture.
- ☐ Bake at 350 for 30 to 35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.74, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:12.052608728409%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 140.07kcal (7%), Fat: 6.78g (10.43%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 15.85g (5.76%), Sugar: 4.47g (4.96%), Cholesterol: 13.66mg (4.55%), Sodium: 601.15mg (26.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin A: 2387.92IU (47.76%), Vitamin C: 22.98mg (27.85%), Vitamin B6: 0.45mg (22.61%), Vitamin B2: 0.35mg (20.86%), Iron: 3.6mg (19.99%), Folate: 75.18µg (18.79%), Vitamin B1: 0.21mg (13.86%), Manganese: 0.26mg (13.09%), Vitamin B3: 2.55mg (12.75%), Potassium: 411.88mg (11.77%), Vitamin B12: 0.58µg (9.6%), Phosphorus: 81.08mg (8.11%), Fiber: 1.96g (7.85%), Vitamin K: 7.97µg (7.59%), Magnesium: 28.38mg (7.1%), Copper: 0.12mg (6.18%), Calcium: 54.25mg (5.43%), Zinc: 0.64mg (4.25%), Vitamin E: 0.47mg (3.13%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.29mg (2.89%), Vitamin D: 0.39µg (2.62%)