



Low Carb Yellow Squash Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds raw finely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1 cup colby-monterey jack cheese shredded divided
- ☐ 2 eggs
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 teaspoon kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 cup roasted salted coarsely chopped
- ☐ 4 cups baby squash yellow cubed peeled

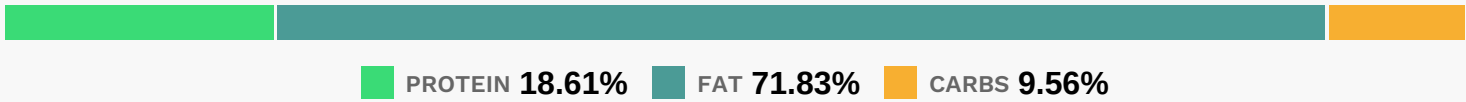
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Heat olive oil and butter in a skillet over medium-high heat; cook and stir onion and garlic in the hot oil-butter mixture until softened, about 3 minutes.
- ☐ Add squash, salt, and pepper; stir to combine. Cover skillet and cook, stirring occasionally, until squash is softened, about 5 minutes.
- ☐ Transfer squash mixture to a large bowl.
- ☐ Mix raw almonds and 1/2 cup Colby-Monterey Jack cheese together in a bowl; stir into squash mixture.
- ☐ Whisk cream and eggs together in a measuring cup or small bowl; stir into squash mixture.
- ☐ Pour squash mixture into a 9x13-inch casserole dish; top with remaining Colby-Monterey Jack cheese and roasted almonds.
- ☐ Bake in the preheated oven until casserole is golden brown and bubbling, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:8.9304349007814%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 200.42kcal (10.02%), Fat: 16.44g (25.3%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.43g (2.7%), Cholesterol: 77.85mg (25.95%), Sodium: 405.65mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.17%), Vitamin B2: 0.3mg (17.86%), Phosphorus: 169.46mg (16.95%), Calcium: 150.62mg (15.06%), Vitamin E: 2.17mg (14.43%), Manganese: 0.28mg (14.05%), Vitamin B6: 0.26mg (13.05%), Selenium: 9.12µg (13.03%), Vitamin C: 10.58mg (12.82%), Vitamin A: 516.29IU (10.33%), Magnesium: 35.73mg (8.93%), Potassium: 287mg (8.2%), Zinc: 1.15mg (7.7%), Folate: 29.04µg (7.26%), Vitamin B1: 0.1mg (6.55%), Fiber: 1.56g (6.25%), Copper: 0.12mg (5.88%), Vitamin B3: 1.11mg (5.53%), Vitamin B12: 0.29µg (4.84%), Iron: 0.84mg (4.65%), Vitamin B5: 0.44mg (4.43%), Vitamin D: 0.58µg (3.88%), Vitamin K: 3.91µg (3.72%)