



Mom's Squash Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1.5 cups seasoned croutons
- ☐ 2 eggs beaten
- ☐ 1 onion chopped
- ☐ 2 cups cheddar cheese shredded
- ☐ 2 pounds baby squash yellow chopped

Equipment

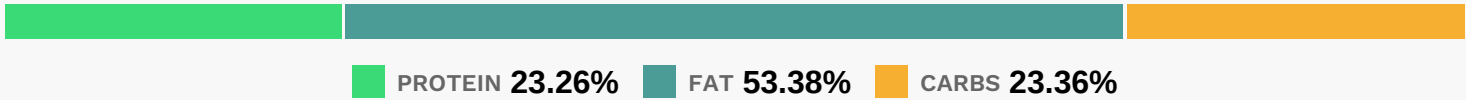
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add squash and onion and cook until tender but still firm, about 15 minutes.
- ☐ Drain and transfer to a 2 quart casserole dish.
- ☐ In a medium bowl combine soup, cheese and eggs.
- ☐ Mix well and pour into dish with squash.
- ☐ Bake in preheated oven for 25 minutes.
- ☐ Remove from oven and sprinkle croutons on top. Return to oven and bake for 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:15.28130429724%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 267.69kcal (13.38%), Fat: 16.21g (24.93%), Saturated Fat: 8.49g (53.05%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 13.5g (4.91%), Sugar: 4.28g (4.76%), Cholesterol: 94.77mg (31.59%), Sodium: 683.4mg (29.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.77%), Vitamin C: 27.06mg (32.8%), Calcium: 309.14mg (30.91%), Vitamin B2: 0.5mg (29.63%), Phosphorus: 287.68mg (28.77%), Selenium: 18.37µg (26.24%), Manganese: 0.49mg (24.3%), Vitamin B6: 0.42mg (21.24%), Folate: 75.59µg (18.9%), Zinc: 2.67mg (17.78%), Potassium: 545.45mg (15.58%), Vitamin A: 759.38IU (15.19%), Magnesium: 45.35mg (11.34%), Copper: 0.22mg (11.05%), Vitamin B1: 0.15mg (10.31%), Vitamin B12: 0.61µg (10.18%), Fiber: 2.46g (9.84%), Iron: 1.55mg (8.59%),

Vitamin B3: 1.65mg (8.27%), Vitamin B5: 0.77mg (7.66%), Vitamin K: 5.56µg (5.29%), Vitamin E: 0.62mg (4.14%),
Vitamin D: 0.52µg (3.46%)