



Mom's Squash Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup butter divided melted
- 2 cups round buttery crackers crushed
- 1 eggs beaten
- 1 onion chopped
- 0.5 teaspoon salt
- 1.5 pounds to 3 sized squashes yellow sliced
- 1.5 pounds zucchini sliced

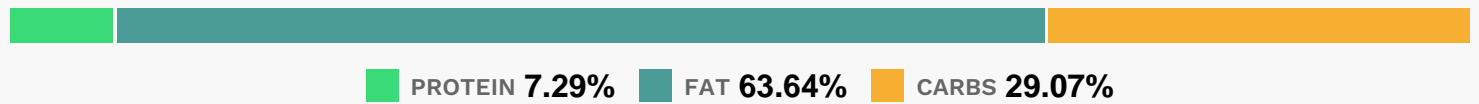
Equipment

- oven
- baking pan

Directions

- Cook zucchini and squash in boiling salted water until tender, about 12 to 15 minutes; drain and mash.
- Add onion, egg, salt, pepper and half the melted butter.
- Pour mixture into a greased 13"x9" baking pan.
- Sprinkle with cracker crumbs; drizzle with remaining butter.
- Bake, uncovered, at 350 for one hour.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:8.4008696208829%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 173.69kcal (8.68%), Fat: 12.76g (19.63%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 11.21g (4.08%), Sugar: 4.66g (5.18%), Cholesterol: 40.77mg (13.59%), Sodium: 308.6mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin C: 24.56mg (29.77%), Manganese: 0.33mg (16.32%), Vitamin B6: 0.29mg (14.38%), Vitamin B2: 0.22mg (12.91%), Folate: 49.21µg (12.3%), Vitamin A: 580.05IU (11.6%), Vitamin K: 11.9µg (11.33%), Potassium: 395.67mg (11.3%), Phosphorus: 99.17mg (9.92%), Vitamin B1: 0.12mg (8.25%), Fiber: 1.9g (7.62%), Magnesium: 28.04mg (7.01%), Iron: 1.13mg (6.3%), Vitamin B3: 1.25mg (6.23%), Vitamin E: 0.89mg (5.96%), Calcium: 47.58mg (4.76%), Copper: 0.09mg (4.69%), Zinc: 0.57mg (3.83%), Vitamin B5: 0.38mg (3.83%), Selenium: 2.35µg (3.35%)