



Noreen's Mom's Simple Summer Squash Bake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 medium onion cut into 1/2-inch slices
- ☐ 8 servings salt and pepper to taste
- ☐ 4 slices swiss cheese
- ☐ 3 large summer squash yellow peeled seeded sliced into 1/2 inch rounds

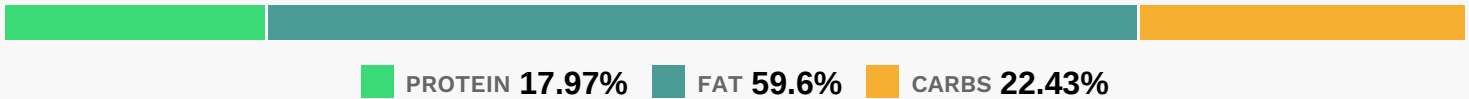
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.
- ☐ Layer the squash and onions in the casserole dish. Dot with butter, and top with Swiss cheese slices.
- ☐ Cover, and bake 15 minutes in the preheated oven.
- ☐ Remove cover, and continue baking 15 minutes, or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:6.7443478988565%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 80.63kcal (4.03%), Fat: 5.7g (8.77%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.96g (3.29%), Cholesterol: 15.43mg (5.14%), Sodium: 234.72mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Vitamin C: 21.1mg (25.58%), Vitamin B6: 0.28mg (13.92%), Vitamin B2: 0.2mg (11.81%), Manganese: 0.22mg (11.09%), Phosphorus: 97.65mg (9.77%), Calcium: 96.36mg (9.64%), Potassium: 334.3mg (9.55%), Folate: 37.3µg (9.33%), Vitamin A: 400.4IU (8.01%), Magnesium: 24.16mg (6.04%), Fiber: 1.45g (5.8%), Zinc: 0.74mg (4.92%), Vitamin B12: 0.26µg (4.38%), Vitamin B1: 0.06mg (4.16%), Selenium: 2.87µg (4.1%), Vitamin K: 4.03µg (3.83%), Copper: 0.07mg (3.43%), Vitamin B3: 0.6mg (3.02%), Iron: 0.45mg (2.51%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.28mg (1.86%)