



San Antonio Squash Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound processed cheese food cubed
- 0.8 cup bread crumbs
- 2 ounces butter divided plus more for pan
- 10 ounces cream of celery soup
- 8 ounces chiles diced green canned
- 2 cups onion diced yellow
- 2 pounds baby squash yellow sliced

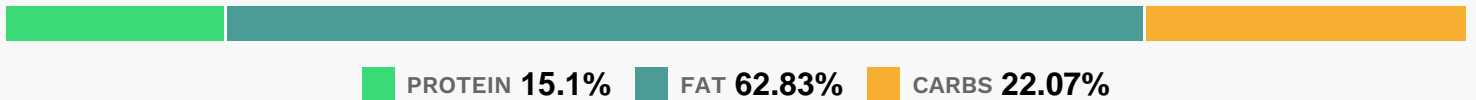
Equipment

- frying pan
- oven
- casserole dish
- microwave

Directions

- Preheat oven to 350 degrees F.
- Melt half of the butter in a large skillet over medium heat.
- Add onion and saute until soft. In a separate skillet, saute the squash in the remaining butter until soft. Alternatively, you can cook the squash in the microwave.
- Drain excess liquid from squash.
- Butter a casserole dish and then combine the onion, squash, cheese, green chiles, and soup in the casserole dish.
- Bake until heated through and cheese is well melted.
- Remove from oven, stir, and sprinkle bread crumbs on top. Return to the oven and bake 5 more minutes, or until bread crumb mixture is golden.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:34.365651918494%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 733.55kcal (36.68%), Fat: 52.42g (80.65%), Saturated Fat: 28.95g (180.93%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 35.29g (12.83%), Sugar: 13.17g (14.63%), Cholesterol: 151.67mg (50.56%), Sodium: 2732.8mg (118.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Calcium: 1320.98mg

(132.1%), Phosphorus: 900.58mg (90.06%), Vitamin C: 64.01mg (77.59%), Manganese: 0.87mg (43.72%), Vitamin B2: 0.74mg (43.53%), Selenium: 30.45µg (43.5%), Vitamin A: 2152.34IU (43.05%), Vitamin B6: 0.75mg (37.59%), Folate: 144.17µg (36.04%), Vitamin B12: 1.82µg (30.4%), Potassium: 1037.31mg (29.64%), Zinc: 4.06mg (27.07%), Vitamin B1: 0.38mg (25.41%), Fiber: 6.16g (24.62%), Vitamin K: 24.59µg (23.42%), Magnesium: 90.84mg (22.71%), Iron: 3.77mg (20.92%), Vitamin B5: 1.73mg (17.34%), Vitamin E: 2.53mg (16.84%), Copper: 0.33mg (16.54%), Vitamin B3: 3.18mg (15.88%), Vitamin D: 0.68µg (4.54%)