



## Savory Squash and Leek Casserole

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large eggs beaten to blend
- 0.3 teaspoon ground nutmeg
- 1.5 pounds hubbard squash peeled seeded
- 3 leeks ()
- 2 tablespoons olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup shallots chopped

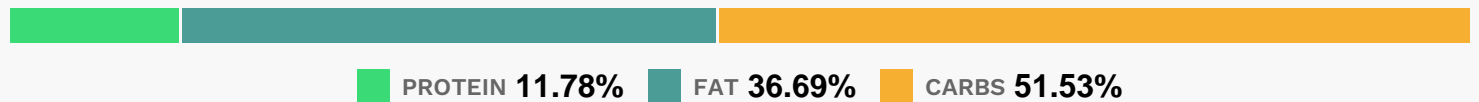
## Equipment

- frying pan
- oven
- blender
- potato masher

## Directions

- In a 2- to 3-quart pan over high heat, bring 4 to 6 cups water to a boil.
- Cut squash into 1-inch chunks.
- Add to boiling water, cover, and simmer until tender when pierced, 12 to 14 minutes.
- Drain and mash squash with a potato masher or a mixer.
- Meanwhile, cut off and discard tough green tops, root ends, and coarse outer layer of leeks. Split leeks in half lengthwise and rinse well. Thinly slice.
- In a 10- to 12-inch frying pan over medium-high heat, combine oil, leeks, and shallots. Stir often, until vegetables are limp, 5 to 7 minutes.
- Remove from heat.
- Add mashed squash, nutmeg, 1/4 teaspoon salt, pepper, and egg; mix well.
- Spread in a shallow 1-quart casserole.
- Bake, uncovered, in a 350 oven until lightly browned on top, about 45 minutes (35 minutes in a convection oven).
- Add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:17.84695643964%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 210.62kcal (10.53%), Fat: 9.32g (14.33%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 20.61g (7.5%), Sugar: 11.73g (13.04%), Cholesterol: 46.5mg (15.5%), Sodium: 192.07mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Vitamin A: 3507.1IU (70.14%), Manganese: 0.73mg (36.37%), Vitamin K: 38.17µg (36.36%), Fiber: 8.82g (35.29%), Vitamin C: 29.09mg (35.26%), Vitamin B6: 0.54mg (27.06%), Potassium: 781.85mg (22.34%), Folate: 85.97µg (21.49%), Iron: 2.71mg (15.03%), Magnesium: 59.06mg (14.76%), Vitamin E: 2.04mg (13.59%), Vitamin B1: 0.18mg (12.16%), Copper: 0.23mg (11.31%), Vitamin B5: 1.05mg (10.52%), Phosphorus: 101.94mg (10.19%), Vitamin B2: 0.15mg (8.9%), Calcium: 81.81mg (8.18%), Selenium: 5.72µg (8.17%), Vitamin B3: 1.19mg (5.94%), Zinc: 0.58mg (3.9%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)