



Slow-Cooker Squash Casserole

READY IN



170 min.

SERVINGS



10

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 cups to 3 sized squashes yellow sliced (5 medium)
- 0.5 cup onion chopped
- 1 tablespoon butter
- 2 cups breadcrumbs french
- 4 oz sharp cheddar cheese shredded
- 0.7 cup cream sour
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 10.8 oz cream of chicken soup canned

- 1 tablespoon butter melted
- 1 serving parsley fresh italian chopped (flat-leaf)

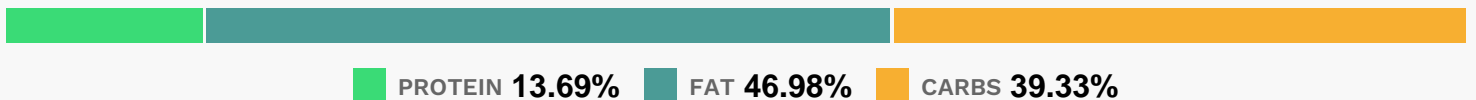
Equipment

- bowl
- microwave
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In large microwavable bowl, microwave squash, onion and 1 tablespoon butter uncovered on High 10 minutes or until squash and onion are tender.
- Drain well.
- In slow cooker, mix squash mixture, 1 cup of the bread crumbs, 1/2 cup of the cheese, the sour cream, garlic salt, pepper and soup. In small bowl, mix remaining 1 cup bread crumbs, remaining 1/2 cup cheese and the melted butter.
- Sprinkle crumb mixture over squash.
- Cover; cook on Low heat setting 2 hours. Uncover; remove insert from slow cooker.
- Let stand 30 minutes before serving.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:1.92, Inflammation Score:-6, Nutrition Score:11.084782660007%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin:

1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 229.25kcal (11.46%), Fat: 12.18g (18.74%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 22.95g (7.65%),
Net Carbohydrates: 20.7g (7.53%), Sugar: 4.64g (5.16%), Cholesterol: 22.82mg (7.61%), Sodium: 596.23mg
(25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Vitamin C: 18.59mg (22.53%),
Manganese: 0.42mg (20.88%), Vitamin B2: 0.32mg (19.11%), Vitamin B1: 0.27mg (18.16%), Calcium: 158.23mg
(15.82%), Phosphorus: 150.6mg (15.06%), Folate: 58.68µg (14.67%), Selenium: 10.05µg (14.35%), Vitamin B6: 0.27mg
(13.62%), Vitamin K: 12.9µg (12.29%), Vitamin A: 602.3IU (12.05%), Potassium: 367.38mg (10.5%), Vitamin B3:
2.08mg (10.42%), Iron: 1.8mg (9.99%), Fiber: 2.25g (9.01%), Magnesium: 33.56mg (8.39%), Zinc: 1.18mg (7.88%),
Copper: 0.16mg (7.85%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.54mg (3.59%)