



Slow-Cooker Squash Casserole

READY IN



170 min.

SERVINGS



10

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups breadcrumbs french
- 1 tablespoon butter
- 1 tablespoon butter melted
- 10.8 oz cream of chicken soup canned
- 0.5 teaspoon garlic salt
- 0.5 cup onion chopped
- 10 servings parsley fresh italian chopped (flat-leaf)
- 0.3 teaspoon pepper
- 4 oz sharp cheddar cheese shredded

- 0.7 cup cream sour
- 9 cups to 3 sized squashes yellow sliced (5 medium)

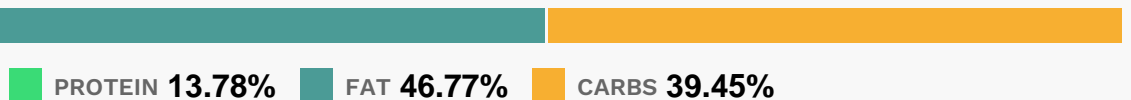
Equipment

- 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:1.96, Inflammation Score:-7, Nutrition Score:14.339565077554%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg,

Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 230.54kcal (11.53%), Fat: 12.21g (18.79%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 20.81g (7.57%), Sugar: 4.68g (5.19%), Cholesterol: 22.82mg (7.61%), Sodium: 598.25mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.19%), Vitamin K: 71.94µg (68.52%), Vitamin C: 23.38mg (28.33%), Manganese: 0.42mg (21.17%), Vitamin B2: 0.33mg (19.32%), Vitamin B1: 0.28mg (18.36%), Vitamin A: 905.57IU (18.11%), Calcium: 163.2mg (16.32%), Folate: 64.15µg (16.04%), Phosphorus: 152.69mg (15.27%), Selenium: 10.05µg (14.36%), Vitamin B6: 0.28mg (13.78%), Iron: 2.02mg (11.23%), Potassium: 387.33mg (11.07%), Vitamin B3: 2.13mg (10.65%), Fiber: 2.37g (9.49%), Magnesium: 35.36mg (8.84%), Zinc: 1.22mg (8.14%), Copper: 0.16mg (8.11%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.57mg (3.77%)