



Southern Squash Casserole

READY IN



105 min.

SERVINGS



16

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup brown fresh white sliced
- ☐ 1 cup carrots shredded
- ☐ 14.5 ounce chicken broth canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 4 cups cornbread crumbled
- ☐ 8 ounce dairy cream light sour
- ☐ 2 eggs
- ☐ 1 dash ground pepper red

- ☐ 1 onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 1 tablespoon seasoning blend italian
- ☐ 3 cups cheddar cheese shredded
- ☐ 6 cups baby squash yellow thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Place the squash, carrots, onions, bell pepper, and mushrooms in a pan.
- ☐ Pour in enough water to cover, and bring to a boil. Reduce heat and simmer until tender and easily pierced with a fork, about 10 minutes.
- ☐ Remove from heat, and drain well using a sieve or colander.
- ☐ Mix the sour cream, chicken broth, cream of chicken soup, eggs, Italian seasoning, and red pepper together in a large bowl. Toss the sour cream mixture with the chicken, cornbread, and 2 cups Cheddar cheese until evenly blended. Stir in the vegetable mixture.
- ☐ Spread the mixture evenly over the bottom of the prepared baking dish.
- ☐ Bake in preheated oven until the center sets, about 50 minutes.
- ☐ Sprinkle with the remaining 1 cup of Cheddar cheese.
- ☐ Bake until the cheese melts, about 10 minutes more.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **21.04%**  FAT **45.77%**  CARBS **33.19%**

Properties

Glycemic Index:17.3, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:17.370869522509%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 463.11kcal (23.16%), Fat: 23.59g (36.29%), Saturated Fat: 11.12g (69.5%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 35.96g (13.08%), Sugar: 12.12g (13.46%), Cholesterol: 125.44mg (41.81%), Sodium: 789.05mg (34.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.8%), Phosphorus: 471.5mg (47.15%), Vitamin A: 2301.61IU (46.03%), Selenium: 25.51µg (36.44%), Calcium: 267.77mg (26.78%), Vitamin B2: 0.42mg (24.74%), Vitamin B3: 4.56mg (22.82%), Vitamin C: 18.01mg (21.83%), Vitamin B6: 0.38mg (18.93%), Zinc: 2.59mg (17.25%), Folate: 62.64µg (15.66%), Manganese: 0.27mg (13.69%), Iron: 2.46mg (13.65%), Vitamin B12: 0.77µg (12.79%), Vitamin B1: 0.18mg (12.04%), Potassium: 410.29mg (11.72%), Vitamin B5: 1.05mg (10.55%), Fiber: 2.52g (10.07%), Magnesium: 39.72mg (9.93%), Vitamin K: 9.21µg (8.77%), Copper: 0.16mg (7.91%), Vitamin E: 1.12mg (7.44%), Vitamin D: 0.5µg (3.34%)