



Southwest Squash Casserole

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounce chile peppers green chopped canned
- 1 pound mushrooms fresh sliced
- 2 jalapeño peppers fresh chopped
- 8 ounce monterrey jack cheese shredded
- 1 bell pepper red cut into 1/2 inch pieces
- 1 cup cup heavy whipping cream sour
- 2 onions sweet separated quartered
- 0.8 cup tortilla chips crushed

2 pounds baby squash yellow cut in 1/4 inch slices

Equipment

casserole dish

microwave

Directions

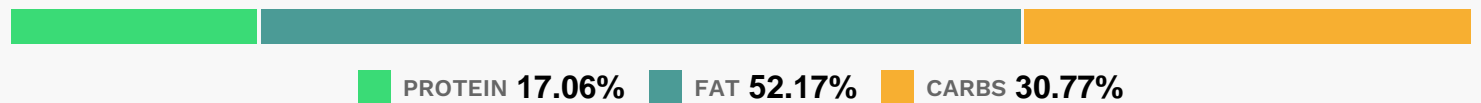
Lightly grease a large casserole dish. Arrange the squash, onions, and red bell pepper in the dish.

Place in the microwave, and cook on High 10 minutes, stirring once, until tender.

Gently mix the mushrooms, green chile peppers, jalapeno peppers, cheese, and sour cream into the dish.

Sprinkle with crushed tortilla chips. Cover dish, and cook in the microwave 10 minutes on Medium-high power, or until cheese is melted and casserole is heated through.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:17.863478209661%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 278.51kcal (13.93%), Fat: 16.96g (26.09%), Saturated Fat: 8.72g (54.47%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 18.71g (6.8%), Sugar: 9.75g (10.83%), Cholesterol: 42.19mg (14.06%), Sodium: 283.07mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin C: 52.74mg (63.92%), Vitamin B2: 0.59mg (34.78%), Calcium: 293.78mg (29.38%), Phosphorus: 292.51mg (29.25%), Vitamin B6: 0.54mg (27.11%), Vitamin A: 1146.39IU (22.93%), Folate: 85.12µg (21.28%), Potassium: 710.48mg (20.3%), Selenium: 11.63µg (16.62%), Manganese: 0.31mg (15.72%), Copper: 0.31mg (15.67%), Vitamin B3: 3.13mg (15.66%), Fiber: 3.79g (15.17%), Vitamin

B5: 1.46mg (14.6%), Magnesium: 54.29mg (13.57%), Zinc: 1.88mg (12.54%), Vitamin B1: 0.17mg (11.35%), Iron: 1.54mg (8.58%), Vitamin K: 8.42µg (8.02%), Vitamin E: 1.08mg (7.21%), Vitamin B12: 0.32µg (5.31%), Vitamin D: 0.28µg (1.89%)