



Southwestern Squash Casserole

 **Gluten Free**

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 10.8 ounce condensed cream of cheddar cheese soup canned
- ☐ 1 large eggs lightly beaten
- ☐ 4 ounces monterey jack and cheddar cheese blend shredded
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons taco seasoning
- ☐ 1 cup tortilla chips crushed
- ☐ 1 cup water

- ☐ 1 pound baby squash yellow sliced
- ☐ 1 pound zucchini sliced

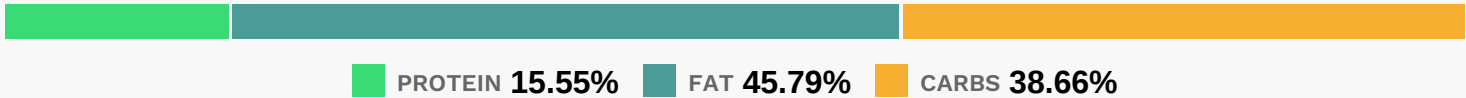
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Place first 3 ingredients in a large microwave-safe glass bowl, and cover tightly with plastic wrap; pierce plastic wrap with a fork several times to vent. Microwave at HIGH 8 to 9 minutes or until vegetables are tender; drain. Press between layers of paper towels to remove excess moisture.
- ☐ Stir together cooked vegetables, Cheddar cheese soup, and next 5 ingredients until well blended; spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 450 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:9.4352173442426%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 185.75kcal (9.29%), Fat: 9.73g (14.97%), Saturated Fat: 4g (25%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 15.74g (5.72%), Sugar: 3.81g (4.24%), Cholesterol: 37.39mg (12.46%), Sodium: 461.77mg (20.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin C: 25.89mg (31.39%), Calcium: 162.03mg (16.2%), Potassium: 540.31mg (15.44%), Phosphorus: 153.95mg (15.4%), Vitamin B6: 0.29mg (14.44%), Vitamin B2: 0.23mg (13.76%), Vitamin A: 602.33IU (12.05%), Folate: 46.83µg (11.71%), Fiber: 2.75g (10.98%), Manganese: 0.21mg (10.47%), Magnesium: 37.93mg (9.48%), Vitamin K: 7.54µg (7.18%), Zinc: 1.08mg (7.17%), Selenium: 4.91µg (7.01%), Iron: 1.1mg (6.13%), Vitamin B1: 0.08mg (5.43%), Vitamin B5: 0.52mg (5.19%), Vitamin E: 0.75mg (4.98%), Copper: 0.09mg (4.43%), Vitamin B3: 0.78mg (3.88%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.21µg (1.4%)