



## Spicy Squash Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 1 cup buttery round crackers crushed
- 2 eggs beaten
- 3 jalapeño peppers diced seeded
- 1 pound ground beef lean
- 0.5 cup mayonnaise
- 1 onion chopped
- 8 servings salt and pepper to taste
- 1 cup cheddar cheese shredded

3 baby squash yellow sliced

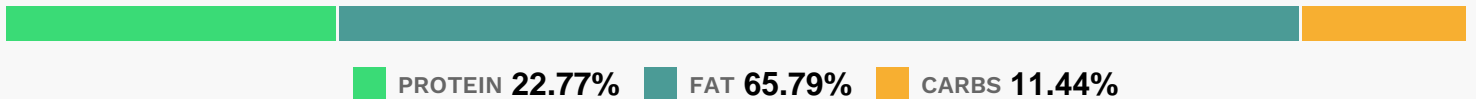
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Melt butter in a large skillet over medium heat.
- Saute squash in butter until tender, about 10 minutes. Set aside.
- In a large skillet, cook the ground beef, onion, and jalapeno, stirring until beef is evenly browned.
- Drain off grease. In a large bowl, mix together the squash, eggs, and mayonnaise. Stir in the ground beef mixture and Cheddar cheese. Season with salt and pepper.
- Pour into a 9x13 inch baking dish, and sprinkle cracker crumbs evenly over the top.
- Bake for 20 minutes in the preheated oven, until heated through, and the top is nicely browned.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:14.611739013506%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 327.02kcal (16.35%), Fat: 23.9g (36.77%), Saturated Fat: 8.22g (51.38%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 7.99g (2.91%), Sugar: 3.2g (3.55%), Cholesterol: 103.6mg (34.53%), Sodium: 518.94mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Vitamin K: 30.59µg (29.13%), Selenium: 18.18µg (25.97%), Zinc: 3.86mg (25.74%), Vitamin B12: 1.54µg (25.67%), Phosphorus: 256.27mg (25.63%), Vitamin C: 19.74mg (23.93%), Vitamin B6: 0.46mg (22.76%), Vitamin B2: 0.34mg (19.96%), Vitamin B3: 3.94mg (19.7%), Calcium: 139.57mg (13.96%), Potassium: 460.51mg (13.16%), Iron: 2.23mg (12.39%), Folate: 42.52µg (10.63%), Manganese: 0.2mg (10.18%), Vitamin A: 501.37IU (10.03%), Vitamin E: 1.46mg (9.74%), Magnesium: 33.9mg (8.48%), Vitamin B5: 0.79mg (7.94%), Vitamin B1: 0.11mg (7.34%), Copper: 0.11mg (5.68%), Fiber: 1.36g (5.45%), Vitamin D: 0.39µg (2.6%)