



Squash and Cornbread Casserole

READY IN



314 min.

SERVINGS



8

CALORIES



359 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup carrots shredded
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 2 teaspoons sage dried
- ☐ 1 cup onion chopped
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.5 cups cornbread stuffing mix
- ☐ 11 ounce kernel corn sweet whole drained canned
- ☐ 1.5 pounds baby squash yellow cut into 1/2-inch slices

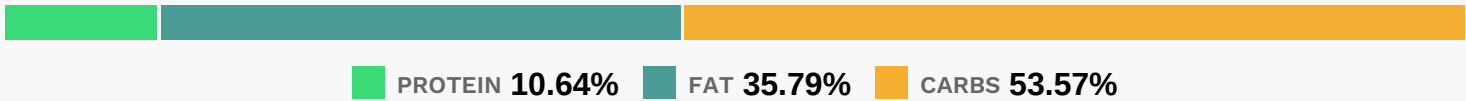
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine soup and sour cream in a large bowl.
- ☐ Add vegetables, stirring gently to coat.
- ☐ Spoon vegetable mixture into a lightly greased 4-quart slow cooker.
- ☐ Combine stuffing mix and remaining 2 ingredients; sprinkle over vegetable mixture.
- ☐ Cover and cook on LOW 5 hours. Uncover and let stand 10 minutes before serving.
- ☐ * Cornish hens
- ☐ * Roasted asparagus

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:16.567825939344%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 358.7kcal (17.93%), Fat: 14.4g (22.16%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 45.27g (16.46%), Sugar: 8.11g (9.01%), Cholesterol: 19.07mg (6.36%), Sodium: 1046.12mg (45.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin A: 3276.18IU (65.52%), Selenium: 22.63µg (32.33%), Folate: 121.84µg (30.46%), Manganese: 0.6mg (30.05%), Vitamin B2: 0.39mg (23.16%), Vitamin B1: 0.34mg (23%), Vitamin C: 17.82mg (21.6%), Vitamin B3: 3.83mg (19.14%), Vitamin B6: 0.33mg (16.35%), Phosphorus: 156.5mg (15.65%), Potassium: 544.25mg (15.55%), Iron: 2.46mg (13.65%), Fiber: 3.23g (12.92%), Copper: 0.26mg (12.88%), Magnesium: 46.23mg (11.56%), Calcium: 99.14mg (9.91%), Zinc: 1.35mg (9.03%), Vitamin

K: 6.09µg (5.8%), Vitamin B5: 0.55mg (5.5%), Vitamin E: 0.71mg (4.73%), Vitamin B12: 0.14µg (2.27%)