



 14%
HEALTH SCORE

Squash and Zucchini Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter divided
- 2 cups pecorino cheese grated
- 4 servings salt and pepper to taste
- 2 large tomatoes sliced
- 1 onion thinly sliced
- 2 medium to 3 sized squashes yellow
- 2 large zucchini

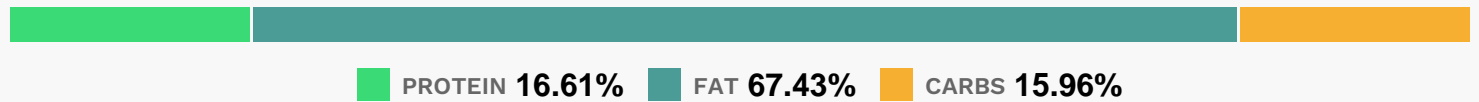
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut the zucchini and squash into long, thin layers. Lightly grease a 7x11-inch baking dish and layer the squash, zucchini, onion and tomatoes into the baking dish.
- Sprinkle with cheese and add pats of butter between each layer of vegetables, and season each layer with salt and ground black pepper to taste.
- Continue this layering process until all the vegetables are used up and top this off with the remaining butter and cheese.
- Cover and bake at 375 degrees F (190 degrees C) for 20 to 30 minutes, or until vegetables are to desired tenderness and cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:2.65, Inflammation Score:-9, Nutrition Score:23.886956458506%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg

Nutrients (% of daily need)

Calories: 482.94kcal (24.15%), Fat: 37.42g (57.57%), Saturated Fat: 23.35g (145.92%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 15.4g (5.6%), Sugar: 13.12g (14.58%), Cholesterol: 113.01mg (37.67%), Sodium: 1002.29mg (43.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.49%), Vitamin C: 62.01mg (75.16%), Calcium: 605.12mg (60.51%), Phosphorus: 529.6mg (52.96%), Vitamin A: 2194.45IU (43.89%), Vitamin B6: 0.7mg (35.03%), Manganese: 0.63mg (31.72%), Vitamin B2: 0.52mg (30.56%), Potassium: 1042.27mg (29.78%), Folate: 104.21µg (26.05%), Magnesium: 84.26mg (21.06%), Vitamin K: 20.41µg (19.44%), Fiber: 4.53g (18.12%), Zinc: 2.38mg (15.86%), Vitamin B1: 0.21mg (13.82%), Copper: 0.25mg (12.54%), Selenium: 8.47µg (12.1%), Vitamin E:

1.59mg (10.62%), Vitamin B12: 0.61µg (10.14%), Iron: 1.79mg (9.97%), Vitamin B3: 1.91mg (9.53%), Vitamin B5: 0.89mg (8.87%), Vitamin D: 0.25µg (1.67%)