



Squash Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter melted
- 0.3 cup carrots shredded
- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 0.5 cup cheddar cheese shredded
- 0.5 cup cream sour
- 3 cups pepperidge farm sage and onion stuffing stuffing pepperidge farm®
- 2 small to 3 sized squashes shredded yellow
- 2 small zucchini shredded

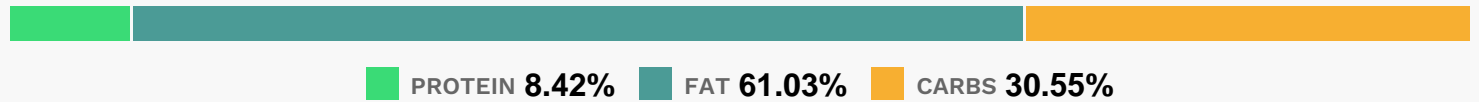
Equipment

- oven
- baking pan

Directions

- Mix stuffing and butter. Reserve 1/2 cup stuffing mixture and spoon remaining into a 2 quart shallow baking dish.
- Mix soup, sour cream, yellow squash, zucchini, carrot and cheese.
- Spread over stuffing mixture and sprinkle with reserved stuffing mixture.
- Bake at 350 degrees F for 40 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:11.498260841421%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 286.69kcal (14.33%), Fat: 19.71g (30.32%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 19.29g (7.01%), Sugar: 3.88g (4.31%), Cholesterol: 18.59mg (6.2%), Sodium: 749.92mg (32.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Selenium: 40.73µg (58.18%), Vitamin A: 1504.39IU (30.09%), Vitamin K: 14.9µg (14.19%), Vitamin B2: 0.23mg (13.39%), Manganese: 0.26mg (13.23%), Vitamin C: 10.71mg (12.99%), Folate: 48.82µg (12.21%), Fiber: 2.91g (11.63%), Vitamin E: 1.68mg (11.2%), Phosphorus: 112.03mg (11.2%), Calcium: 106.38mg (10.64%), Vitamin B1: 0.14mg (9.51%), Iron: 1.47mg (8.15%), Vitamin B6: 0.16mg (7.97%), Vitamin B3: 1.59mg (7.95%), Potassium: 267.64mg (7.65%), Copper: 0.14mg (7.01%), Magnesium: 24.89mg (6.22%), Zinc: 0.82mg (5.44%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.12µg (1.99%)