



Squash Casserole

READY IN



75 min.

SERVINGS



10

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups breadcrumbs fresh divided soft
- ☐ 2 tablespoons butter melted
- ☐ 4 oz cheddar cheese shredded
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 cup fried onions french crushed
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup mayonnaise
- ☐ 5 oz parmesan shredded divided

- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 large onion sweet finely chopped
- ☐ 4 pounds to 3 sized squashes yellow sliced

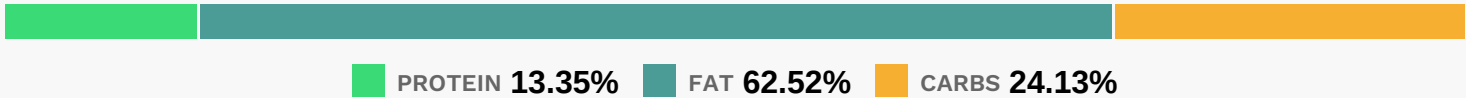
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Cook yellow squash and sweet onion in boiling water to cover in a Dutch oven 8 minutes or just until vegetables are tender; drain squash mixture well.
- ☐ Combine squash mixture, freshly shredded Cheddar cheese, next 5 ingredients, 1 cup breadcrumbs, and 3/4 cup Parmesan cheese. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Stir together melted butter, French fried onions, and remaining 1 cup breadcrumbs and 1/2 cup Parmesan cheese.
- ☐ Sprinkle over squash mixture.
- ☐ Bake at 350 for 35 to 40 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:18.631304388461%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 431.56kcal (21.58%), Fat: 30.36g (46.71%), Saturated Fat: 9.8g (61.26%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 23.04g (8.38%), Sugar: 7.31g (8.12%), Cholesterol: 73.61mg (24.54%), Sodium: 896mg (38.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.17%), Vitamin K: 46.21µg (44.01%), Vitamin C: 32.51mg (39.4%), Calcium: 331.17mg (33.12%), Vitamin B2: 0.5mg (29.41%), Manganese: 0.58mg (29.01%), Phosphorus: 289.55mg (28.95%), Vitamin B6: 0.51mg (25.28%), Folate: 92.93µg (23.23%), Selenium: 15.99µg (22.85%), Vitamin B1: 0.33mg (21.67%), Potassium: 601.7mg (17.19%), Vitamin A: 748.26IU (14.97%), Magnesium: 54.49mg (13.62%), Fiber: 3.32g (13.29%), Zinc: 1.86mg (12.4%), Vitamin B3: 2.42mg (12.1%), Iron: 2.16mg (11.97%), Copper: 0.19mg (9.51%), Vitamin E: 1.27mg (8.45%), Vitamin B12: 0.49µg (8.11%), Vitamin B5: 0.74mg (7.42%), Vitamin D: 0.38µg (2.56%)