



Squash Casserole



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup carrots grated
- ☐ 14.5 oz chicken broth canned
- ☐ 0.5 cup cornflakes cereal crushed
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 2 pounds baby squash yellow

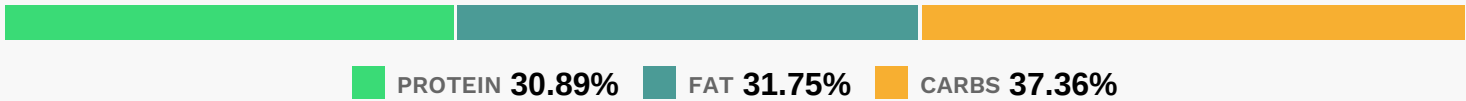
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cut squash into 1/2-inch rounds. Cook squash and next 3 ingredients in a large skillet over medium heat, stirring often, 25 minutes or until tender.
- ☐ Drain well, reserving broth for another use; pat squash mixture dry with paper towels.
- ☐ Stir together mushroom soup and next 3 ingredients in a large bowl; stir in squash mixture until blended. Spoon mixture into a lightly greased 11- x 7-inch baking dish; sprinkle with crushed cornflakes.
- ☐ Bake at 350 for 25 to 30 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:23.889130675274%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 298.33kcal (14.92%), Fat: 10.68g (16.43%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 25.01g (9.1%), Sugar: 6.8g (7.56%), Cholesterol: 38.76mg (12.92%), Sodium: 978.9mg (42.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.75%), Vitamin A: 4343.48IU (86.87%), Vitamin B6: 0.88mg (43.95%), Iron: 7.58mg (42.13%), Vitamin C: 32.09mg (38.9%), Vitamin B2: 0.63mg (37.08%), Vitamin B3: 6.59mg (32.96%), Folate: 125.99µg (31.5%), Vitamin B12: 1.76µg (29.3%), Manganese: 0.51mg (25.45%), Vitamin B1: 0.37mg (24.51%), Selenium: 14.74µg (21.06%), Phosphorus: 209.56mg (20.96%), Zinc: 2.99mg (19.93%), Potassium: 687.88mg (19.65%), Vitamin K: 16.72µg (15.93%), Magnesium: 54.05mg (13.51%), Copper: 0.27mg (13.44%), Fiber: 3.26g (13.04%), Vitamin D: 0.79µg (5.25%), Vitamin E: 0.72mg (4.81%), Calcium: 46.2mg (4.62%), Vitamin B5: 0.46mg (4.6%)