



Squash Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup round buttery crackers crushed
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 large eggs
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 4 ounce pimientos diced drained
- ☐ 1.5 teaspoons salt

- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 2 teaspoons sugar
- ☐ 2.5 pounds baby squash yellow sliced

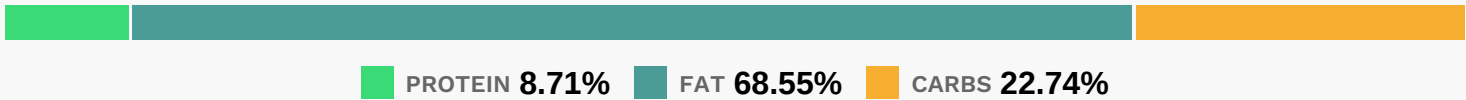
Equipment

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

Directions

- ☐ Cook squash, covered, in a small amount of boiling water 8 to 10 minutes or until tender; drain well, pressing between paper towels.
- ☐ Combine squash and butter in a bowl; mash until butter melts. Stir in eggs and next 7 ingredients; spoon into a lightly greased shallow 2-quart baking dish.
- ☐ Sprinkle with crushed crackers.
- ☐ Bake at 325 for 30 minutes.
- ☐ Sprinkle with cheese; bake 5 more minutes or until cheese melts.
- ☐ *2 1/2 pounds zucchini, sliced, may be substituted.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:13.097391252932%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 272.39kcal (13.62%), Fat: 21.48g (33.05%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 12.71g (4.62%), Sugar: 6.63g (7.36%), Cholesterol: 56.53mg (18.84%), Sodium: 720.64mg (31.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin C: 43.92mg (53.23%), Vitamin A: 1327.82IU (26.56%), Vitamin B6: 0.47mg (23.46%), Vitamin B2: 0.33mg (19.5%), Vitamin K: 19.66µg (18.72%), Manganese: 0.35mg (17.57%), Potassium: 508.29mg (14.52%), Folate: 57.57µg (14.39%), Phosphorus: 141.36mg (14.14%), Fiber: 3.33g (13.31%), Vitamin E: 1.51mg (10.09%), Selenium: 6.86µg (9.8%), Calcium: 94.7mg (9.47%), Iron: 1.63mg (9.04%), Magnesium: 33.46mg (8.36%), Copper: 0.15mg (7.49%), Zinc: 1.09mg (7.27%), Vitamin B1: 0.11mg (7.26%), Vitamin B3: 1.19mg (5.95%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.31µg (2.04%)