

Squash Casserole II

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup butter
- ☐ 1 carrots grated
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 onion thinly sliced
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.5 pounds crookneck squash yellow peeled seeded sliced
- ☐ 7.5 ounces herbed bread stuffing mix dry

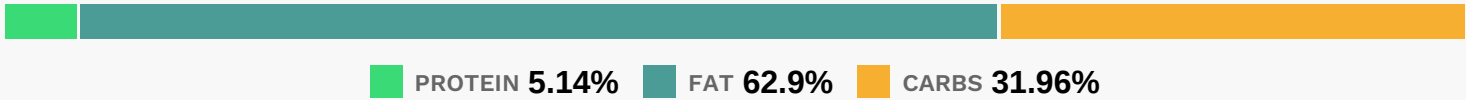
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook squash and onions in boiling salted water until tender.
- ☐ Drain and mash them with 1/2 cup butter or margarine. Stir in sour cream, grated carrot and cream of chicken soup. Set aside.
- ☐ Melt remaining 1/2 cup butter and stir it into the stuffing mix.
- ☐ Pour half of the stuffing mix into the bottom of a 9X13 glass baking pan.
- ☐ Pour the squash mixture over the top of the mixture, and the rest of the stuffing mix on top of the squash.
- ☐ Bake for 30 minutes, until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:15.380434798158%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 443.35kcal (22.17%), Fat: 31.73g (48.82%), Saturated Fat: 18.35g (114.66%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 33.27g (12.1%), Sugar: 6.2g (6.89%), Cholesterol: 81.05mg (27.02%), Sodium: 841.29mg (36.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Vitamin A: 11270.34IU (225.41%), Vitamin C: 19.62mg (23.78%), Selenium: 15.32µg (21.88%), Manganese: 0.39mg (19.37%), Folate: 74.99µg (18.75%), Vitamin B1: 0.27mg (17.79%), Vitamin E: 2.35mg (15.67%), Vitamin B3: 2.83mg (14.16%), Potassium: 470.14mg (13.43%), Vitamin B2: 0.21mg (12.2%), Fiber: 3g (11.99%), Magnesium: 46.76mg (11.69%), Iron: 2.09mg (11.61%), Calcium: 113.06mg (11.31%), Phosphorus: 112.36mg (11.24%), Vitamin B6: 0.21mg (10.54%), Copper: 0.19mg (9.36%), Vitamin B5: 0.68mg (6.83%), Vitamin K: 6.26µg (5.96%), Zinc: 0.65mg (4.31%), Vitamin B12: 0.11µg (1.88%)