



Squash, Egg, and Cheese Casserole

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter melted
- 4 eggs beaten
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper black
- 2 tablespoons milk
- 1 small onion diced
- 0.3 teaspoon salt
- 3 cups cheddar cheese shredded divided

- 3 summer squash sliced
- 2 tablespoons vegetable oil
- 2 tablespoons sugar white

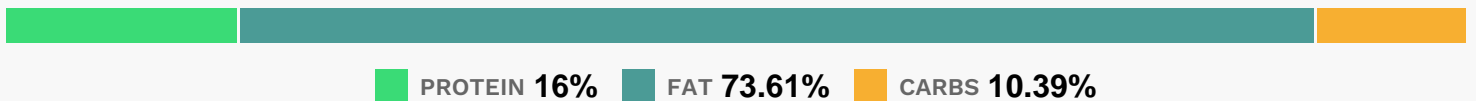
Equipment

- bowl
- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat vegetable oil in a large skillet over medium heat, and cook the summer squash and onion until tender, about 10 minutes. Stir occasionally.
- While the squash are cooking, mix together the eggs, milk, 1 cup of Cheddar cheese, sugar, flour, salt, and black pepper in a large bowl. Stir in the squash mixture and melted butter; turn into a 2-quart casserole dish. Top with the remaining 2 cups of Cheddar cheese.
- Bake in the preheated oven until the casserole is set and the cheese topping is crisp and starting to brown, 35 to 45 minutes. Allow to stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.89, Glycemic Load:4.2, Inflammation Score:-6, Nutrition Score:11.773043570311%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 345.73kcal (17.29%), Fat: 28.71g (44.16%), Saturated Fat: 14.85g (92.81%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.09g (2.94%), Sugar: 5.4g (5.99%), Cholesterol: 147.24mg (49.08%), Sodium: 451.88mg (19.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Calcium: 332.71mg (33.27%), Selenium: 19.77µg (28.24%), Phosphorus: 276.54mg (27.65%), Vitamin B2: 0.41mg (24.28%), Vitamin A: 959.38IU (19.19%), Vitamin C: 13.14mg (15.93%), Zinc: 2.11mg (14.04%), Vitamin B6: 0.24mg (12.05%), Folate: 45.97µg (11.49%), Vitamin B12: 0.68µg (11.38%), Vitamin K: 10.43µg (9.93%), Manganese: 0.17mg (8.58%), Potassium: 279.39mg (7.98%), Vitamin E: 1.16mg (7.76%), Magnesium: 28.63mg (7.16%), Vitamin B5: 0.67mg (6.72%), Vitamin B1: 0.08mg (5.19%), Vitamin D: 0.74µg (4.9%), Iron: 0.83mg (4.59%), Fiber: 1.02g (4.09%), Copper: 0.07mg (3.73%), Vitamin B3: 0.53mg (2.63%)