



Squash-Rice Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 2 cups rice cooked
- 2 large eggs lightly beaten
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup italian-seasoned breadcrumbs
- 1 cup onion chopped
- 1 ounce parmesan cheese fresh divided grated
- 1 teaspoon salt
- 4 ounces sharp cheddar cheese shredded reduced-fat

- 1 cup cup heavy whipping cream fat-free sour
- 2.5 pounds zucchini sliced

Equipment

- bowl
- oven
- baking pan
- potato masher
- broiler
- dutch oven

Directions

- Preheat oven to 35
- Combine first 3 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- Drain; partially mash with a potato masher.
- Combine zucchini mixture, rice, cheddar cheese, sour cream, 2 tablespoons Parmesan cheese, breadcrumbs, salt, pepper, and eggs in a bowl; stir gently. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 2 tablespoons Parmesan cheese.
- Bake at 350 for 30 minutes or until bubbly.
- Preheat broiler. Broil 1 minute or until lightly browned.

Nutrition Facts



PROTEIN 20.04% **FAT 32.78%** **CARBS 47.18%**

Properties

Glycemic Index:29.63, Glycemic Load:12.95, Inflammation Score:-6, Nutrition Score:12.568695493366%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 209.41kcal (10.47%), Fat: 7.74g (11.91%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 22.95g (8.35%), Sugar: 4.88g (5.42%), Cholesterol: 65.71mg (21.9%), Sodium: 619.12mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.29%), Vitamin C: 26.95mg (32.67%), Manganese: 0.52mg (25.8%), Phosphorus: 226.52mg (22.65%), Calcium: 224.19mg (22.42%), Selenium: 14.76µg (21.08%), Vitamin B2: 0.34mg (19.82%), Vitamin B6: 0.34mg (17.02%), Potassium: 495.31mg (14.15%), Folate: 55.88µg (13.97%), Vitamin A: 601.99IU (12.04%), Zinc: 1.66mg (11.08%), Magnesium: 44mg (11%), Vitamin B1: 0.14mg (9.33%), Fiber: 2.12g (8.46%), Vitamin K: 8.44µg (8.04%), Vitamin B5: 0.78mg (7.75%), Vitamin B12: 0.43µg (7.2%), Copper: 0.14mg (7.12%), Iron: 1.13mg (6.27%), Vitamin B3: 1.18mg (5.89%), Vitamin E: 0.45mg (2.97%), Vitamin D: 0.35µg (2.35%)