



Summer Squash and Onion Cheesy Casserole

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons butter divided
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 3 onions chopped
- ☐ 1 pound sharp cheddar cheese shredded white
- ☐ 0.5 pound cheddar cheese shredded
- ☐ 3 summer squash trimmed cut into bite-size pieces
- ☐ 3 tablespoons condensed milk sweetened divided
- ☐ 3 zucchini trimmed cut into bite-size pieces

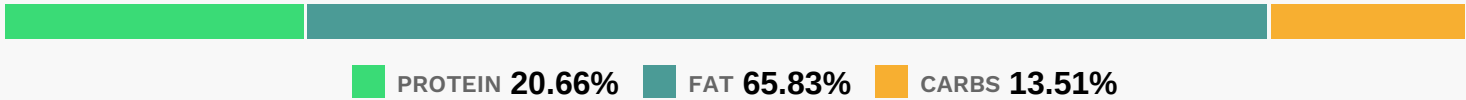
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish with about 1/2 tablespoon of butter.
- ☐ Melt remaining 1 tablespoon of butter in a large cast-iron skillet over medium heat, and cook the summer squash and zucchini until the squash pieces begin to brown, 10 to 15 minutes, stirring often.
- ☐ Sprinkle with salt and black pepper, and spread into the bottom of the prepared baking dish.
- ☐ Sprinkle with about 1/3 of the chopped onions.
- ☐ Mix together the white Cheddar cheese and yellow Cheddar cheese in a bowl until thoroughly combined, and sprinkle about 1/2 cup of the cheese mixture over the onions.
- ☐ Drizzle with about 1 tablespoon of the sweetened condensed milk. Repeat sprinkling cheese, onions, and condensed milk twice more, then top with remaining cheese mixture.
- ☐ Bake in the preheated oven until the casserole is golden brown and the onions are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:18.374347562375%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 430.9kcal (21.55%), Fat: 32.11g (49.4%), Saturated Fat: 18.2g (113.77%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 12.55g (4.56%), Sugar: 9.57g (10.63%), Cholesterol: 93.24mg (31.08%), Sodium: 591.64mg (25.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.35%), Calcium: 655.94mg (65.59%), Phosphorus: 477.11mg (47.71%), Selenium: 25.71µg (36.73%), Vitamin C: 28.9mg (35.03%), Vitamin B2: 0.59mg (34.82%), Zinc: 3.71mg (24.76%), Vitamin A: 1233.18IU (24.66%), Vitamin B6: 0.39mg (19.62%), Manganese: 0.33mg (16.68%), Folate: 65.57µg (16.39%), Vitamin B12: 0.94µg (15.65%), Potassium: 539.9mg (15.43%), Magnesium: 54.99mg (13.75%), Fiber: 2.27g (9.08%), Vitamin B1: 0.12mg (7.93%), Vitamin K: 7.96µg (7.58%), Vitamin B5: 0.73mg (7.26%), Copper: 0.12mg (6.15%), Vitamin E: 0.9mg (5.98%), Iron: 0.78mg (4.31%), Vitamin B3: 0.8mg (4%), Vitamin D: 0.53µg (3.5%)