



## Summer Squash au Gratin

READY IN



55 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

### Ingredients

- 2 medium zucchini ( 6 inches long each)
- 1 medium to 3 sized squashes yellow ( 8 inches long)
- 0.3 cup spring onion chopped
- 1 packet bearnaise sauce mix white (1.25 to 1.8 oz)
- 1.5 cups milk
- 4 oz sharp cheddar cheese shredded
- 1 tablespoon butter melted
- 0.3 cup breadcrumbs plain


## Equipment

- bowl
- sauce pan
- oven
- plastic wrap
- baking pan
- microwave
- glass baking pan

## Directions

- Heat oven to 350°F.
- Cut each squash in half lengthwise; cut into 1/2-inch-thick slices.
- Place squash slices, onions and bell pepper in 11x7-inch (2-quart) glass baking dish or 2-quart casserole.
- Add 1 tablespoon water. Cover with microwavable plastic wrap, venting one corner. Microwave on High 5 to 7 minutes or until crisp-tender; drain well.
- Meanwhile, in 2-quart saucepan, cook white sauce mix and 1 1/2 cups milk as directed on package.
- Remove from heat. Stir in cheese.
- Pour over zucchini mixture in baking dish; stir gently to coat. In small bowl, mix melted butter and bread crumbs.
- Sprinkle over zucchini mixture.
- Bake 30 to 35 minutes or until bubbly and golden brown.

## Nutrition Facts

 **PROTEIN 17.5%**  **FAT 51.15%**  **CARBS 31.35%**

## Properties

Glycemic Index:18, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:7.3869565362516%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 139.6kcal (6.98%), Fat: 8.08g (12.43%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.15g (3.69%), Sugar: 6.11g (6.79%), Cholesterol: 19.66mg (6.55%), Sodium: 156.45mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Calcium: 176.95mg (17.7%), Vitamin C: 13.53mg (16.4%), Phosphorus: 146.19mg (14.62%), Vitamin B2: 0.22mg (13.13%), Vitamin K: 10.01µg (9.53%), Vitamin A: 456.9IU (9.14%), Vitamin B6: 0.18mg (8.86%), Manganese: 0.17mg (8.44%), Selenium: 5.9µg (8.42%), Potassium: 287.59mg (8.22%), Folate: 27.47µg (6.87%), Vitamin B12: 0.41µg (6.85%), Zinc: 1mg (6.65%), Vitamin B1: 0.1mg (6.54%), Magnesium: 24.43mg (6.11%), Fiber: 0.99g (3.97%), Vitamin D: 0.59µg (3.92%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.64mg (3.18%), Iron: 0.5mg (2.77%), Copper: 0.05mg (2.74%), Vitamin E: 0.29mg (1.94%)