



Summer Squash Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 stick butter
- 1 cup cracker crumbs to cover casserole
- 1 eggs
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 1 medium bowl ice water
- 1 cup onions chopped
- 6 servings salt and pepper
- 6 pattypan summer squash yellow

2 slices bread white

Equipment

oven

baking pan

casserole dish

Directions

Preheat oven to 350 degrees F.

Peel and cut squash into cubes. Boil until tender, about 5 to 7 minutes, and drain. Brown onion, garlic, and parsley in 2 tablespoons butter seasoned with salt and pepper. Soak bread in ice water and wring out; chop fine.

Add to onion and garlic mixture; cook, stirring, for 2 to 3 minutes.

Add drained squash and cook 2 to 3 minutes more, stirring.

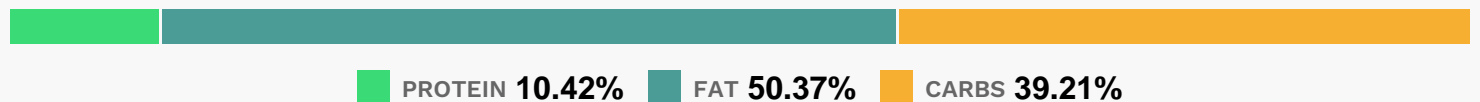
Remove from heat. Beat egg and add, allowing it to absorb into the mixture. Season with salt and pepper, if needed.

Place in casserole dish or baking pan. Cover top with cracker crumbs and dot with remaining butter.

Bake for 20 to 25 minutes, until the crumbs brown.

Cook's Note: You can refrigerate this dish for up to 2 days before baking, but you should add the bread crumb topping right before you bake.

Nutrition Facts



Properties

Glycemic Index:40.96, Glycemic Load:4.96, Inflammation Score:-7, Nutrition Score:14.656956470531%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin:

0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 193.38kcal (9.67%), Fat: 11.36g (17.47%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 16.77g (6.1%), Sugar: 6.76g (7.51%), Cholesterol: 47.53mg (15.84%), Sodium: 399.34mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin K: 52.69µg (50.18%), Vitamin C: 38.77mg (47%), Manganese: 0.5mg (24.78%), Vitamin B6: 0.49mg (24.71%), Vitamin B2: 0.37mg (21.87%), Folate: 85.9µg (21.48%), Vitamin A: 878.18IU (17.56%), Potassium: 602.38mg (17.21%), Phosphorus: 137.93mg (13.79%), Vitamin B1: 0.2mg (13.29%), Fiber: 3.12g (12.5%), Magnesium: 42.62mg (10.65%), Iron: 1.76mg (9.8%), Vitamin B3: 1.92mg (9.58%), Calcium: 79.46mg (7.95%), Selenium: 5.34µg (7.63%), Copper: 0.14mg (7.21%), Vitamin E: 0.92mg (6.15%), Zinc: 0.88mg (5.9%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.08µg (1.35%)