



Summer Squash Casserole

 Vegetarian

READY IN



41 min.

SERVINGS



8

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup breadcrumbs fresh soft
- ☐ 6 tablespoons butter divided
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup mayonnaise
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 10 oz sharp cheddar cheese shredded

- ☐ 2 teaspoons sugar
- ☐ 2.5 pounds to 3 sized squashes yellow sliced

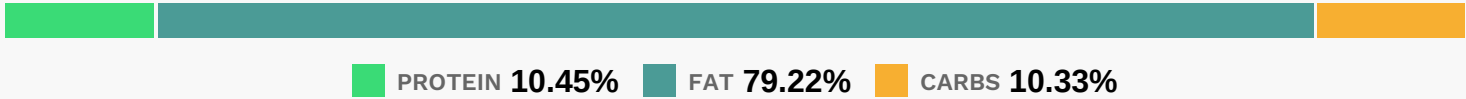
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Microwave 4 Tbsp. butter in a large microwave-safe bowl at HIGH 1 minute or until melted.
- ☐ Add onion, and cover bowl tightly with plastic wrap, folding back a small edge to allow steam to escape. Microwave at HIGH 2 minutes.
- ☐ Uncover, add squash, and cover bowl tightly with plastic wrap, folding back a small edge. Microwave at HIGH 5 minutes or until squash is tender. (Do not drain.)
- ☐ Combine mayonnaise and next 4 ingredients in a large bowl. Stir in squash mixture and cheese.
- ☐ Spoon mixture into a lightly greased 11- x 7-inch baking dish. Cover dish tightly with plastic wrap, folding back a small edge.
- ☐ Microwave at HIGH 10 minutes or until casserole is set.
- ☐ Remove and let stand 10 minutes.
- ☐ Microwave remaining 2 Tbsp. butter at HIGH 1 minute or until melted. Stir together melted butter and breadcrumbs; microwave at HIGH 2 minutes.
- ☐ Sprinkle over casserole.
- ☐ Note: The onion and squash release excess moisture when cooking; do not drain. The flour in the mayonnaise mixture will help absorb the moisture.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:2.97, Inflammation Score:-7, Nutrition Score:15.763912968014%

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: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 483.86kcal (24.19%), Fat: 43.22g (66.5%), Saturated Fat: 15.99g (99.97%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 10.56g (3.84%), Sugar: 5.58g (6.19%), Cholesterol: 116.27mg (38.76%), Sodium: 676.77mg (29.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.65%), Vitamin K: 51.9µg (49.42%), Vitamin C: 25.58mg (31%), Calcium: 296.64mg (29.66%), Vitamin B2: 0.45mg (26.58%), Phosphorus: 263.55mg (26.36%), Selenium: 16.46µg (23.51%), Vitamin A: 987.07IU (19.74%), Vitamin B6: 0.39mg (19.36%), Folate: 66.47µg (16.62%), Manganese: 0.33mg (16.55%), Zinc: 2.03mg (13.54%), Potassium: 463.11mg (13.23%), Vitamin E: 1.74mg (11.58%), Magnesium: 39.8mg (9.95%), Vitamin B1: 0.15mg (9.78%), Vitamin B12: 0.55µg (9.23%), Fiber: 2.13g (8.51%), Vitamin B5: 0.67mg (6.71%), Iron: 1.14mg (6.32%), Copper: 0.12mg (5.96%), Vitamin B3: 1.1mg (5.5%), Vitamin D: 0.52µg (3.46%)