



Summer Squash Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 8 oz water chestnuts drained chopped canned
- ☐ 1 cup carrots grated
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 2.5 teaspoons salt divided
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 8 oz herb-seasoned stuffing
- ☐ 1 small onion sweet chopped
- ☐ 1.5 pounds baby squash yellow

☐ 1 pound zucchini

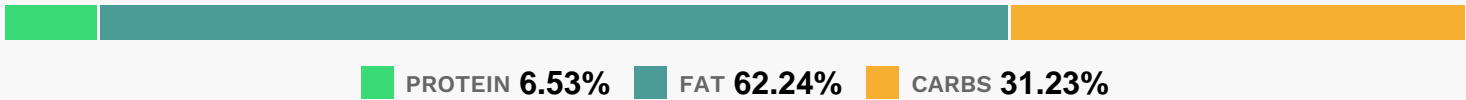
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Cut squash and zucchini into 1/4-inch-thick slices; place in a Dutch oven.
- ☐ Add chopped onion, 2 tsp. salt, and water to cover. Bring to a boil over medium-high heat, and cook 5 minutes; drain well.
- ☐ Stir together 1 cup grated carrots, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Stir together stuffing and 1/2 cup melted butter, and spoon half of stuffing mixture in bottom of a lightly greased 13- x 9-inch baking dish. Spoon squash mixture over stuffing mixture, and top with remaining stuffing mixture.
- ☐ Bake at 350 for 30 to 35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Herb Seasoned Stuffing.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:2.48, Inflammation Score:-10, Nutrition Score:15.321304196897%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 307.48kcal (15.37%), Fat: 22.07g (33.96%), Saturated Fat: 11.39g (71.19%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 20.66g (7.51%), Sugar: 8.99g (9.99%), Cholesterol: 50.28mg (16.76%), Sodium: 1253.93mg (54.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin A: 3646.1IU (72.92%), Vitamin C: 28.4mg (34.42%), Selenium: 16.85µg (24.08%), Vitamin B6: 0.45mg (22.37%), Manganese: 0.43mg (21.4%), Vitamin B2: 0.3mg (17.81%), Potassium: 602.05mg (17.2%), Fiber: 4.25g (17%), Folate: 67.32µg (16.83%), Vitamin K: 14.17µg (13.5%), Phosphorus: 127.81mg (12.78%), Copper: 0.22mg (11.14%), Vitamin E: 1.54mg (10.3%), Magnesium: 40.64mg (10.16%), Iron: 1.79mg (9.95%), Vitamin B1: 0.15mg (9.9%), Calcium: 83.98mg (8.4%), Vitamin B3: 1.64mg (8.21%), Zinc: 0.99mg (6.57%), Vitamin B5: 0.6mg (6.01%), Vitamin B12: 0.09µg (1.44%)