



Summer Squash Casserole with Nuts

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bread crumbs
- 0.3 cup butter
- 1 eggs
- 0.3 cup bell pepper green chopped
- 0.5 cup mayonnaise
- 0.5 cup onion chopped
- 0.5 cup pecans chopped
- 10 servings salt and pepper to taste

- 0.5 cup cheddar cheese shredded
- 1 pound summer squash sliced
- 1 tablespoon sugar white

Equipment

- oven
- mixing bowl
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of water to boil.
- Add squash, and cook until tender.
- Drain well.
- Place squash in a large mixing bowl.
- Add butter, reserving 1/2 tablespoon, to the squash and mash well.
- Mix bell pepper, sugar, onion, egg, mayonnaise, salt and pepper, cheese and nuts to the mixture.
- Transfer the mixture to a 1-quart casserole dish. Top with bread crumbs. Dot with the reserved butter.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

Nutrition Facts



PROTEIN 6.95% **FAT 77.88%** **CARBS 15.17%**

Properties

Glycemic Index:27.61, Glycemic Load:1.43, Inflammation Score:-4, Nutrition Score:6.7504347277724%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 217.55kcal (10.88%), Fat: 19.27g (29.65%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.26g (3.62%), Cholesterol: 38.92mg (12.97%), Sodium: 385.48mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin K: 21µg (20%), Manganese: 0.37mg (18.49%), Vitamin C: 11.35mg (13.76%), Vitamin B2: 0.15mg (8.54%), Phosphorus: 81.23mg (8.12%), Vitamin B1: 0.12mg (7.82%), Vitamin B6: 0.15mg (7.31%), Selenium: 4.95µg (7.07%), Vitamin A: 336.9IU (6.74%), Calcium: 67.16mg (6.72%), Folate: 25.9µg (6.47%), Fiber: 1.42g (5.67%), Copper: 0.11mg (5.46%), Potassium: 182.01mg (5.2%), Zinc: 0.74mg (4.93%), Vitamin E: 0.73mg (4.87%), Magnesium: 19.48mg (4.87%), Iron: 0.69mg (3.82%), Vitamin B3: 0.67mg (3.36%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.14µg (2.35%)