



Summer Squash Mushroom Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter melted
- 10 ounces cream of mushroom soup undiluted canned
- 1 cup round buttery crackers crushed butter-flavored (25 crackers)
- 0.5 pound mushrooms fresh sliced
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- 2 tablespoons olive oil
- 1 cup onion chopped
- 0.5 teaspoon salt
- 8 ounces cheddar cheese shredded

- 0.5 cup cream sour
- 2 medium to 3 sized squashes diced yellow
- 1 large zucchini diced

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a large skillet, saute the summer squash, zucchini, mushrooms and onion in oil until tender; drain.
- In a large bowl, combine the vegetable mixture, cheese, soup, sour cream and salt.
- Transfer to a greased 11-in. x 7-in. baking dish.
- Combine cracker crumbs and butter.
- Sprinkle over vegetable mixture.
- Bake, uncovered, at 350° for 25–30 minutes or until bubbly.

Nutrition Facts

 **PROTEIN 16.8%**  **FAT 63.12%**  **CARBS 20.08%**

Properties

Glycemic Index:21.5, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:11.088260826857%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 225.05kcal (11.25%), Fat: 16.29g (25.07%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 9.99g (3.63%), Sugar: 4.2g (4.67%), Cholesterol: 33.89mg (11.3%), Sodium: 537.42mg (23.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Vitamin B2: 0.43mg (25.02%), Phosphorus: 208.37mg (20.84%), Calcium: 198.86mg (19.89%), Vitamin C: 14.69mg (17.8%), Selenium: 11.58µg (16.54%), Manganese: 0.29mg (14.45%), Copper: 0.26mg (13.07%), Vitamin B3: 2.56mg (12.82%), Potassium: 429.7mg (12.28%), Vitamin B6: 0.24mg (11.99%), Zinc: 1.7mg (11.34%), Folate: 41.67µg (10.42%), Vitamin B5: 1.04mg (10.35%), Vitamin A: 477.2IU (9.54%), Vitamin B1: 0.12mg (7.91%), Vitamin K: 8.13µg (7.74%), Magnesium: 28.59mg (7.15%), Fiber: 1.67g (6.7%), Vitamin E: 0.95mg (6.35%), Iron: 1.04mg (5.81%), Vitamin B12: 0.33µg (5.51%), Vitamin D: 0.23µg (1.51%)