



Summer Zucchini Casserole

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

605 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots grated
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 cup onion chopped
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 6 ounce chicken-flavored bread stuffing mix dry
- ☐ 1 stick butter unsalted melted
- ☐ 2 pounds zucchini sliced

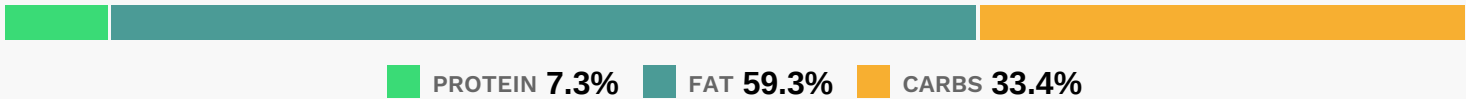
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Boil the zucchini and onion in water for 5 minutes; drain well. In a medium bowl, combine the soup, sour cream and carrots. Stir in the zucchini and onion and mix well.
- ☐ In a separate medium bowl, combine the butter and stuffing mix.
- ☐ Spread half of this mixture into the bottom of a 9x13-inch baking dish. Spoon the zucchini mixture over the stuffing, then top off with the other half of the stuffing.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until stuffing is golden brown.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:24.694347640742%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 604.79kcal (30.24%), Fat: 40.72g (62.65%), Saturated Fat: 22.18g (138.6%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 46.9g (17.05%), Sugar: 13.52g (15.02%), Cholesterol: 101.18mg (33.73%), Sodium: 1193.87mg (51.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.57%), Vitamin A: 7003.42IU (140.07%), Vitamin C: 43.82mg (53.11%), Manganese: 0.77mg (38.6%), Selenium: 24.8µg (35.44%), Folate: 139.67µg (34.92%), Vitamin B2: 0.55mg (32.21%), Vitamin B1: 0.4mg (26.94%), Potassium: 929.54mg (26.56%), Vitamin B6: 0.51mg (25.74%), Phosphorus: 234.34mg (23.43%), Vitamin B3: 4.16mg (20.82%), Vitamin K: 20.45µg (19.47%), Iron: 3.43mg (19.05%), Fiber: 4.69g (18.78%), Magnesium: 72.04mg (18.01%), Copper: 0.35mg (17.61%), Calcium: 165.92mg (16.59%), Vitamin E: 1.93mg (12.88%), Vitamin B5: 1.1mg (11.02%), Zinc: 1.65mg (11.01%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.42µg (2.83%)