



## Summertime Yellow Squash Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 eggs beaten
- 6 green onions chopped
- 1.5 cups milk mild cheddar cheese shredded 2% kraft finely
- 0.8 cup lite ranch dressing kraft
- 16 ritz reduced fat crackers crushed
- 1.5 lb baby squash yellow cut into 1/4-inch-thick slices

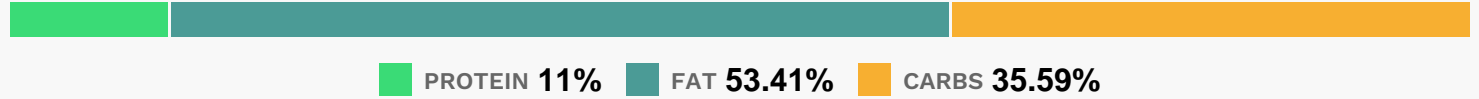
### Equipment

- oven

## Directions

- Heat oven to 350F.
- Combine all ingredients except cracker crumbs in 2-qt. casserole.
- Top with cracker crumbs.
- Bake 30 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.02, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.7799999921218%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 56.16kcal (2.81%), Fat: 3.42g (5.27%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.93g (1.79%), Sugar: 1.86g (2.06%), Cholesterol: 8.44mg (2.81%), Sodium: 93.13mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin K: 9.22µg (8.78%), Vitamin C: 2.87mg (3.48%), Phosphorus: 32.96mg (3.3%), Calcium: 31.72mg (3.17%), Vitamin B2: 0.05mg (2.78%), Selenium: 1.55µg (2.21%), Vitamin B6: 0.04mg (1.97%), Vitamin A: 90.73IU (1.81%), Folate: 6.82µg (1.7%), Manganese: 0.03mg (1.57%), Potassium: 50.84mg (1.45%), Zinc: 0.21mg (1.38%), Magnesium: 4.22mg (1.06%), Vitamin E: 0.15mg (1.03%)