



This Can't be Squash Casserole

READY IN



65 min.

SERVINGS



12

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1 cup cheddar cheese
- 10.8 ounce cream of mushroom soup canned
- 2 eggs beaten
- 12 servings salt and ground pepper black to taste
- 0.5 cup mayonnaise
- 10.8 ounce milk canned
- 0.5 cup onion chopped
- 1 cup seasoned bread crumbs

- 1 teaspoon sugar white
- 4 pounds baby squash yellow sliced

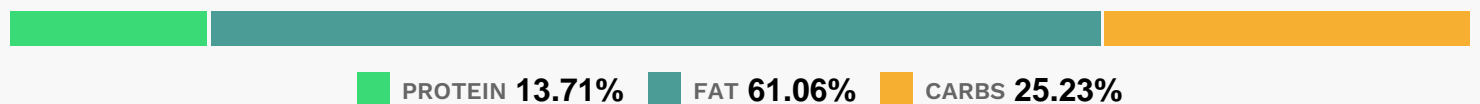
Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch casserole dish with cooking spray.
- Bring a large pot of salted water to a boil; cook squash in the boiling water until very tender, 10 to 15 minutes.
- Drain and transfer squash to a large bowl; mash until evenly smooth.
- Heat butter in a skillet over medium heat; cook and stir onion in the melted butter until tender, 5 to 10 minutes.
- Mix onion, cream of mushroom soup, Cheddar cheese, bread crumbs, milk, mayonnaise, sugar, eggs, salt, and pepper into mashed squash.
- Spread mixture evenly into the prepared casserole dish.
- Bake in the preheated oven until bubbling and edges are lightly browned, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:2.01, Inflammation Score:-6, Nutrition Score:12.923478385677%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 243.7kcal (12.19%), Fat: 16.97g (26.11%), Saturated Fat: 6.55g (40.92%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.44g (4.89%), Sugar: 5.85g (6.5%), Cholesterol: 55.2mg (18.4%), Sodium: 488.3mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Vitamin C: 26.47mg (32.08%), Vitamin K: 25.19µg (24%), Manganese: 0.47mg (23.26%), Vitamin B2: 0.39mg (22.76%), Vitamin B6: 0.4mg (20.03%), Phosphorus: 171.01mg (17.1%), Folate: 64.84µg (16.21%), Potassium: 520.77mg (14.88%), Calcium: 147.68mg (14.77%), Vitamin B1: 0.2mg (13.2%), Vitamin A: 621.72IU (12.43%), Selenium: 8.47µg (12.1%), Magnesium: 39.58mg (9.89%), Zinc: 1.44mg (9.57%), Fiber: 2.34g (9.37%), Copper: 0.17mg (8.33%), Vitamin B3: 1.63mg (8.14%), Iron: 1.39mg (7.7%), Vitamin B12: 0.4µg (6.62%), Vitamin B5: 0.62mg (6.22%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.5µg (3.34%)