



WHATSheATE



Two-Cheese Squash Casserole

READY IN



25 min.

SERVINGS



12

CALORIES



274 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 cups breadcrumbs fresh divided soft
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup chives fresh chopped
- ☐ 1 teaspoon garlic salt
- ☐ 5 oz parmesan shredded divided
- ☐ 1 teaspoon pepper freshly ground
- ☐ 4 oz cheddar cheese shredded
- ☐ 8 oz cream sour

- ☐ 1 large onion sweet finely chopped
- ☐ 4 pounds to 3 sized squashes yellow sliced

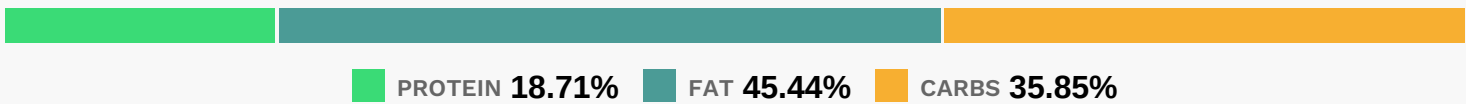
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Cook yellow squash and onion in boiling water to cover in a Dutch oven 8 minutes or just until tender; drain squash mixture well.
- ☐ Combine squash mixture, Cheddar cheese, next 5 ingredients, 1 cup breadcrumbs, and 3/4 cup Parmesan cheese. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Stir together melted butter and remaining 1 1/2 cups breadcrumbs and 1/2 cup Parmesan cheese.
- ☐ Sprinkle breadcrumb mixture over top of casserole.
- ☐ Bake at 350 for 35 to 40 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:15.506521727728%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 273.74kcal (13.69%), Fat: 14.12g (21.72%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 22.06g (8.02%), Sugar: 6.94g (7.71%), Cholesterol: 64.65mg (21.55%), Sodium: 647.53mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.16%), Vitamin C: 28.17mg (34.14%), Calcium: 302.75mg (30.27%), Vitamin B2: 0.46mg (27.33%), Manganese: 0.53mg (26.4%), Phosphorus: 259.94mg (25.99%), Vitamin B6: 0.43mg (21.74%), Vitamin B1: 0.32mg (21.17%), Selenium: 14.75µg (21.07%), Folate: 83.98µg (20.99%), Vitamin A: 784.13IU (15.68%), Potassium: 534.08mg (15.26%), Magnesium: 49.54mg (12.38%), Fiber: 3.01g (12.03%), Vitamin B3: 2.34mg (11.7%), Iron: 2mg (11.13%), Zinc: 1.66mg (11.04%), Vitamin K: 10.83µg (10.31%), Copper: 0.17mg (8.56%), Vitamin B12: 0.44µg (7.31%), Vitamin B5: 0.68mg (6.8%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.28µg (1.88%)