



## Two-Cheese Squash Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.5 cups breadcrumbs divided soft
- 4 tablespoons butter divided
- 2 large eggs lightly beaten
- 0.5 cup chives fresh chopped
- 0.5 cup parsley fresh minced
- 2 garlic cloves minced
- 0.3 teaspoon garlic salt
- 1.3 cups parmesan cheese shredded divided
- 1 teaspoon pepper freshly ground

- 1 teaspoon salt
- 4 ounces cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour
- 1 large onion sweet finely chopped
- 4 pounds baby squash yellow sliced

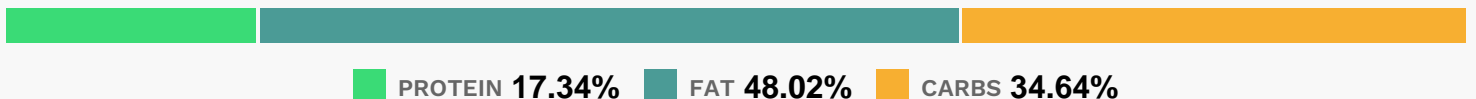
## Equipment

- frying pan
- paper towels
- oven
- baking pan

## Directions

- Cook squash in boiling water to cover in a large skillet 8 to 10 minutes or just until tender.
- Drain well; gently press between paper towels.
- Melt 2 tablespoons butter in skillet over medium-high heat; add onion and garlic, and saut 5 to 6 minutes or until tender.
- Remove skillet from heat; stir in squash, 1 cup breadcrumbs, 3/4 cup Parmesan cheese, and next 7 ingredients. Spoon into a lightly greased 13- x 9-inch baking dish.
- Melt remaining 2 tablespoons butter. Stir together melted butter, remaining 1 1/2 cups soft breadcrumbs, 1/2 cup Parmesan cheese, and garlic salt.
- Sprinkle mixture evenly over top of casserole.
- Bake at 350 for 35 to 40 minutes or until set.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:21.314782546914%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

## **Nutrients (% of daily need)**

Calories: 344.08kcal (17.2%), Fat: 18.77g (28.88%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 26.75g (9.73%), Sugar: 8.34g (9.27%), Cholesterol: 70.42mg (23.47%), Sodium: 844.93mg (36.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.51%), Vitamin K: 61.98µg (59.03%), Vitamin C: 37.99mg (46.05%), Calcium: 349.74mg (34.97%), Vitamin B2: 0.56mg (32.75%), Manganese: 0.65mg (32.41%), Phosphorus: 303.58mg (30.36%), Vitamin B6: 0.53mg (26.54%), Folate: 105.2µg (26.3%), Vitamin A: 1310.99IU (26.22%), Vitamin B1: 0.38mg (25.64%), Selenium: 17.38µg (24.83%), Potassium: 660.07mg (18.86%), Magnesium: 60.47mg (15.12%), Fiber: 3.72g (14.88%), Iron: 2.59mg (14.37%), Vitamin B3: 2.85mg (14.24%), Zinc: 1.98mg (13.19%), Copper: 0.21mg (10.56%), Vitamin B12: 0.51µg (8.45%), Vitamin B5: 0.83mg (8.25%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.33µg (2.2%)