



Unbelievable Squash Casserole

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 3 crookneck squash diced yellow
- ☐ 6 ounce bread stuffing mix dry
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 onion diced sweet yellow

Equipment

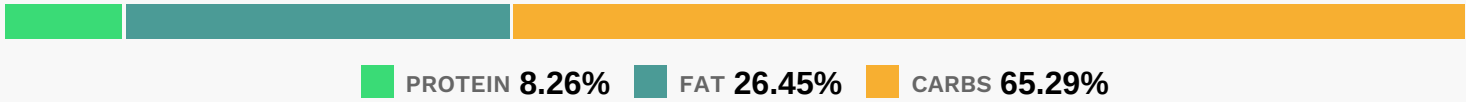
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish.
- ☐ Heat oil in a skillet over medium heat; cook and stir squash and onion until tender, 8 to 10 minutes.
- ☐ Add water and simmer to soften squash, 2 to 4 minutes. Stir cream of chicken soup, sour cream, and Cheddar cheese into squash mixture; mix well.
- ☐ Transfer squash mixture to the prepared baking dish; top with stuffing mix.
- ☐ Bake in the preheated oven until cheese is bubbling and stuffing is browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:24.454347838526%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 315.62kcal (15.78%), Fat: 9.84g (15.14%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 54.68g (18.23%), Net Carbohydrates: 48.19g (17.52%), Sugar: 10.16g (11.29%), Cholesterol: 19.99mg (6.66%), Sodium: 587.85mg (25.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin A: 30143.46IU (602.87%), Vitamin C: 60.35mg (73.15%), Manganese: 0.74mg (36.96%), Potassium: 1121.03mg (32.03%), Vitamin E: 4.54mg (30.27%), Folate: 118.88µg (29.72%), Vitamin B1: 0.43mg (28.47%), Magnesium: 110.35mg (27.59%), Fiber: 6.49g (25.97%), Vitamin B6: 0.5mg (25.2%), Vitamin B3: 4.8mg (24.02%), Calcium: 193.73mg (19.37%), Selenium: 13.49µg (19.27%), Iron: 3.26mg (18.09%), Phosphorus: 161.73mg (16.17%), Copper: 0.32mg (15.93%), Vitamin B5: 1.4mg (13.98%), Vitamin B2: 0.21mg (12.44%), Vitamin K: 7.45µg (7.09%), Zinc: 0.85mg (5.67%), Vitamin B12: 0.06µg (1.06%)