

# Yellow Squash Casserole

READY IN



50 min.

SERVINGS



15

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 35 round buttery crackers crushed
- 2 eggs beaten
- 15 servings pepper black to taste
- 0.8 cup milk
- 0.5 cup onion chopped
- 1 teaspoon salt
- 1 cup cheddar cheese shredded
- 4 cups to 3 sized squashes yellow sliced

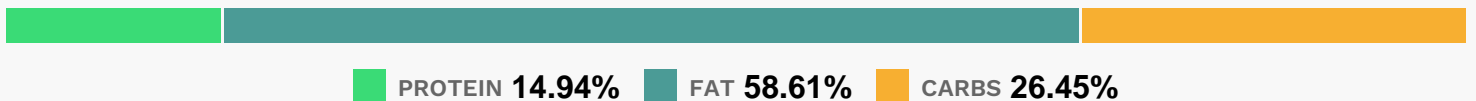
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place squash and onion in a large skillet over medium heat.
- Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes.
- Drain well, and place in a large bowl.
- In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper.
- Spread into a 9x13 inch baking dish.
- Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
- Bake in preheated oven for 25 minutes, or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:13.73, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:4.3117391441179%

## Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 101.47kcal (5.07%), Fat: 6.71g (10.32%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 6.21g (2.26%), Sugar: 2.09g (2.33%), Cholesterol: 34.83mg (11.61%), Sodium: 291.85mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Phosphorus: 91.15mg (9.12%), Calcium: 89.07mg (8.91%), Vitamin B2: 0.14mg (8.26%), Vitamin C: 5.52mg (6.69%), Selenium: 4.6µg (6.57%), Manganese: 0.11mg (5.67%), Vitamin B6: 0.1mg (4.96%), Folate: 19.2µg (4.8%), Vitamin K: 4.95µg (4.72%), Vitamin A: 234.5IU (4.69%), Vitamin B1: 0.06mg (3.96%), Potassium: 129.07mg (3.69%), Zinc: 0.54mg (3.63%), Vitamin B12: 0.2µg (3.35%), Iron: 0.56mg (3.09%), Vitamin E: 0.45mg (3%), Magnesium: 11.4mg (2.85%), Vitamin B3: 0.52mg (2.59%), Vitamin B5: 0.25mg (2.49%), Fiber: 0.61g (2.43%), Vitamin D: 0.3µg (1.98%), Copper: 0.03mg (1.72%)