



Yellow Squash Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounce sandwich bread white
- ☐ 10.8 ounce cream of mushroom soup undiluted reduced-fat reduced-sodium canned
- ☐ 2 garlic clove minced
- ☐ 6 ounces turkey sausage italian hot (2 links)
- ☐ 0.5 cup onion chopped
- ☐ 1.5 ounces provolone cheese diced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream fat-free sour

- ☐ 1 tablespoon water
- ☐ 2 pounds to 3 sized squashes yellow sliced

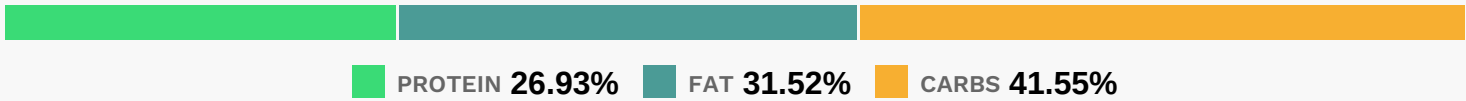
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Combine squash and water in a large microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH 6 minutes or until tender.
- ☐ Drain well.
- ☐ Remove casing from sausage. Cook sausage, onion, and garlic in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain.
- ☐ Place the bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1 cup.
- ☐ Combine the squash, sausage mixture, 1/2 cup breadcrumbs, sour cream, cheese, salt, pepper, and soup. Spoon squash mixture in a 2-quart casserole coated with cooking spray.
- ☐ Top with remaining 1/2 cup breadcrumbs. Spray breadcrumbs with cooking spray.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:2.41, Inflammation Score:-4, Nutrition Score:6.9756521190638%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 85.79kcal (4.29%), Fat: 3.11g (4.78%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.97g (2.9%), Sugar: 2.71g (3.02%), Cholesterol: 12.09mg (4.03%), Sodium: 423.8mg (18.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Vitamin C: 17.81mg (21.59%), Manganese: 0.27mg (13.43%), Vitamin B6: 0.25mg (12.61%), Iron: 2.01mg (11.15%), Vitamin B2: 0.19mg (10.98%), Phosphorus: 97.1mg (9.71%), Potassium: 293.08mg (8.37%), Folate: 32.78µg (8.19%), Selenium: 5.52µg (7.89%), Vitamin B3: 1.37mg (6.83%), Zinc: 1.02mg (6.82%), Calcium: 66.76mg (6.68%), Copper: 0.12mg (5.91%), Vitamin B1: 0.08mg (5.6%), Magnesium: 22.28mg (5.57%), Fiber: 1.25g (5.01%), Vitamin A: 227.68IU (4.55%), Vitamin B5: 0.33mg (3.32%), Vitamin B12: 0.18µg (3.03%), Vitamin K: 2.46µg (2.34%)