



Yellow Squash Casserole

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs
- 8 servings salt and pepper to taste
- 1 cup cheddar cheese shredded
- 0.5 cup white wine
- 8 summer squash yellow cut into 1/2-inch slices

Equipment

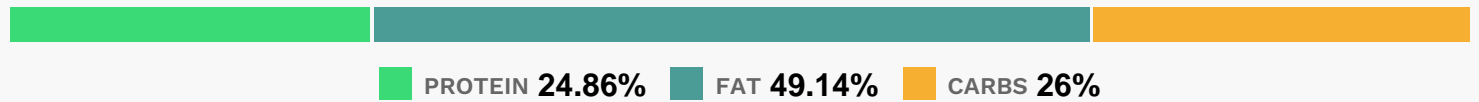
- bowl
- paper towels

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x9 inch baking dish.
- In a saucepan, boil sliced squash in enough water to cover for 10 minutes.
- Remove squash to paper towels. Dab off excess moisture.
- In a medium bowl, beat eggs together with wine.
- Add squash and cheese. Season with salt and pepper to taste. Then pour mixture into a baking dish.
- Bake in a preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:11.31434781655%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.02kcal (5.85%), Fat: 6.2g (9.54%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.54g (5.05%), Cholesterol: 55.04mg (18.35%), Sodium: 306.46mg (13.32%), Alcohol: 1.54g (100%), Alcohol %: 0.83% (100%), Protein: 7.06g (14.12%), Vitamin C: 33.32mg (40.39%), Vitamin B6: 0.46mg (23.16%), Vitamin B2: 0.39mg (23.13%), Manganese: 0.37mg (18.28%), Phosphorus: 163.65mg (16.37%), Folate: 65.13µg (16.28%), Potassium: 550.27mg (15.72%), Calcium: 136.89mg (13.69%), Vitamin A: 592.93IU (11.86%), Selenium: 7.78µg (11.12%), Magnesium: 39.96mg (9.99%), Fiber: 2.16g (8.62%), Zinc: 1.25mg (8.31%), Vitamin B1: 0.1mg (6.89%), Vitamin K: 6.31µg (6.01%), Copper: 0.11mg (5.66%), Vitamin B5: 0.54mg (5.38%), Iron: 0.94mg (5.24%), Vitamin B3: 0.99mg (4.93%), Vitamin B12: 0.25µg (4.13%), Vitamin E: 0.46mg (3.04%), Vitamin D: 0.3µg

(2.03%)