



Yellow Squash Dressing

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

348 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cornbread crumbled
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 teaspoons sage dried
- ☐ 1 eggs beaten
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup milk
- ☐ 1 large onion chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 1.5 teaspoons sugar

☐ 2 cups baby squash diced yellow

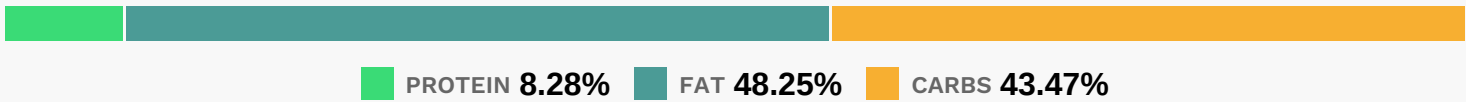
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ steamer basket

Directions

- ☐ Place squash in a pot fitted with a steamer basket over boiling water, and steam 10 minutes, or until tender.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ In a bowl, mix the squash, cornbread, margarine, sage, cream of mushroom soup, egg, onion, sugar, salt and pepper, and milk.
- ☐ Transfer to the prepared baking dish.
- ☐ Bake 30 minutes in the preheated oven, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:8.8686957255654%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 347.86kcal (17.39%), Fat: 18.84g (28.99%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 36.12g (13.14%), Sugar: 12.02g (13.35%), Cholesterol: 56.99mg (19%), Sodium: 963.99mg (41.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Phosphorus: 280.36mg (28.04%),

Manganese: 0.32mg (16.12%), Vitamin A: 706.07IU (14.12%), Vitamin B2: 0.21mg (12.51%), Folate: 49.75µg (12.44%), Calcium: 107.18mg (10.72%), Selenium: 7.14µg (10.19%), Vitamin B1: 0.15mg (10.02%), Iron: 1.6mg (8.91%), Vitamin B3: 1.7mg (8.51%), Fiber: 2.08g (8.3%), Vitamin B6: 0.17mg (8.28%), Vitamin C: 6.29mg (7.62%), Copper: 0.15mg (7.28%), Potassium: 253.36mg (7.24%), Zinc: 1.03mg (6.89%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.84mg (5.62%), Magnesium: 21.51mg (5.38%), Vitamin B12: 0.3µg (5.02%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.19µg (1.29%)