



Yellow Squash Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter melted
- ☐ 3 cups rice long-grain cooked
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 cups onion chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1.5 teaspoons salt

- ☐ 3 ounces swiss cheese grated
- ☐ 1 ounce bread white
- ☐ 12 cups baby squash yellow halved lengthwise cut into 1/4-inch-thick slices (3 pounds)
- ☐ 1 teaspoon or dried fresh chopped

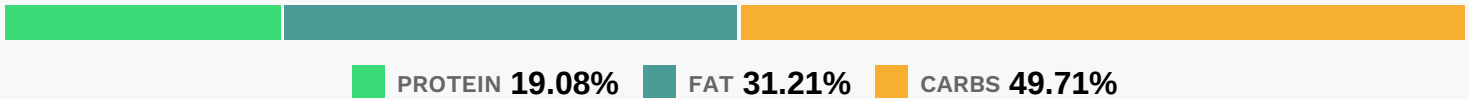
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion, and saut 5 minutes or until tender.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add squash; saut 7 minutes or just until tender.
- ☐ Remove from heat; stir in parsley, salt, thyme, and pepper.
- ☐ Add rice, Gruyre, and eggs to squash mixture, stirring until well combined. Spoon the squash mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Place bread in a food processor; pulse 10 times or until fine crumbs measure 1/2 cup.
- ☐ Combine breadcrumbs, Parmesan, and butter, tossing to combine.
- ☐ Sprinkle breadcrumb mixture over squash mixture.
- ☐ Bake at 375 for 30 minutes or until topping is lightly browned and filling is set.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:55.1, Glycemic Load:21.45, Inflammation Score:-8, Nutrition Score:18.051738987798%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 228.43kcal (11.42%), Fat: 8.1g (12.46%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 25.93g (9.43%), Sugar: 5.79g (6.43%), Cholesterol: 85.81mg (28.6%), Sodium: 575.21mg (25.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Vitamin K: 69.51µg (66.2%), Vitamin C: 37.18mg (45.06%), Manganese: 0.71mg (35.35%), Vitamin B6: 0.54mg (26.84%), Vitamin B2: 0.4mg (23.74%), Phosphorus: 233mg (23.3%), Selenium: 15.75µg (22.5%), Calcium: 205.92mg (20.59%), Folate: 78.63µg (19.66%), Vitamin A: 922.17IU (18.44%), Potassium: 592.53mg (16.93%), Magnesium: 50.89mg (12.72%), Fiber: 3.09g (12.35%), Zinc: 1.75mg (11.67%), Vitamin B1: 0.15mg (9.73%), Iron: 1.71mg (9.49%), Vitamin B5: 0.94mg (9.36%), Copper: 0.18mg (8.95%), Vitamin B12: 0.53µg (8.89%), Vitamin B3: 1.37mg (6.86%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.39µg (2.62%)