



Zucchini and Sausage Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup breadcrumbs fresh
- ☐ 6 tablespoons butter melted
- ☐ 0.5 cup cheddar cheese grated
- ☐ 5 large eggs lightly beaten
- ☐ 3 garlic clove chopped
- ☐ 1 cup heavy whipping cream
- ☐ 10 servings hot sauce
- ☐ 2 onion chopped
- ☐ 0.8 cup pecans chopped

- ☐ 10 servings pepper freshly ground
- ☐ 0.8 pound sage
- ☐ 10 servings salt
- ☐ 0.8 pound sausage hot
- ☐ 2 cups sharp cheddar cheese grated
- ☐ 2 pounds to 3 sized squashes yellow grated

Equipment

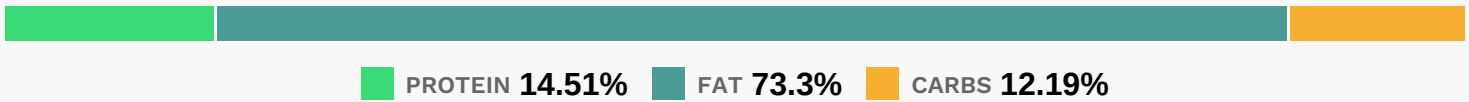
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Preheat the oven to 350°F. Grease a wide, 2-quart baking dish, or spray it with nonstick spray.
- ☐ Put the zucchini in a colander to drain for about 30 minutes or wrap it in a clean tea towel and gently squeeze it to remove the excess liquid.
- ☐ Put the zucchini in a large mixing bowl.
- ☐ Heat a large skillet and add the sage sausage and hot sausage. Cook until the sausage starts to brown, stirring to break it up.
- ☐ Pour off all but about 3 tablespoons grease.
- ☐ Add the onions and cook until soft, about 5 minutes. Stir in the garlic and cook 1 more minute.
- ☐ Combine the sausage and onions with the zucchini.
- ☐ Stir in the cream, the 1 cup bread crumbs, the eggs, the 2 to 3 cups cheese, and 2 cups pecans.
- ☐ Add salt, pepper, and hot sauce to taste.
- ☐ Pour the mixture into the baking dish. The casserole may be refrigerated at this point for up to 2 days or frozen for up to 3 months.

- ☐
- For the topping, combine the butter, the 3/4 cup bread crumbs, and the 3/4 cup pecans.
- ☐
- Sprinkle evenly over the casserole.
- ☐
- Bake, uncovered, until hot through, about 30 minutes.
- ☐
- Sprinkle the top with the 1/2 cup cheese and return to the oven just until the cheese is melted and lightly browned.
- ☐
- Nathalie Dupree's Comfortable Entertaining Viking

Nutrition Facts



Properties

Glycemic Index:26.3, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:25.408695697784%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 529.05kcal (26.45%), Fat: 43.62g (67.1%), Saturated Fat: 20.03g (125.2%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 12.77g (4.64%), Sugar: 4.65g (5.17%), Cholesterol: 190.7mg (63.57%), Sodium: 756.33mg (32.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.87%), Copper: 42.07mg (2103.7%), Manganese: 2.04mg (102.16%), Calcium: 366.42mg (36.64%), Phosphorus: 324.14mg (32.41%), Vitamin B2: 0.52mg (30.84%), Selenium: 19.24µg (27.49%), Vitamin A: 1190.6IU (23.81%), Vitamin B1: 0.35mg (23.04%), Vitamin B6: 0.44mg (21.87%), Vitamin C: 17.88mg (21.67%), Zinc: 3.22mg (21.47%), Iron: 3.42mg (19%), Magnesium: 72.1mg (18.03%), Potassium: 548.42mg (15.67%), Folate: 60.23µg (15.06%), Vitamin B12: 0.89µg (14.86%), Fiber: 3.56g (14.22%), Vitamin B3: 2.76mg (13.8%), Vitamin B5: 1.09mg (10.88%), Vitamin D: 1.49µg (9.95%), Vitamin E: 1.19mg (7.93%), Vitamin K: 6.05µg (5.76%)