

 82%
HEALTH SCORE

Zucchini Casserole

 Very Healthy

READY IN



55 min.

SERVINGS



1

CALORIES



2820 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter diced
- ☐ 24 buttery round crackers crushed
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 1 small onion diced
- ☐ 1 cup romano cheese grated
- ☐ 6 zucchini sliced

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 baking pan with cooking spray.
- ☐ Place sliced zucchini in a large saucepan.
- ☐ Pour in enough water to cover, and bring to a boil over high heat. Boil until barely tender, about 2 minutes.
- ☐ Drain and set aside.
- ☐ In a large bowl, whisk together eggs and mayonnaise until smooth. Stir in onion, cheese, and pepper. Fold in squash, then pour mixture into prepared baking pan.
- ☐ Sprinkle with crushed crackers, then dot evenly with diced butter.
- ☐ Bake in preheated oven for 30 to 40 minutes, until middle of casserole is no longer moist, and springs back when gently pressed.

Nutrition Facts



PROTEIN 9.18% **FAT 77.56%** **CARBS 13.26%**

Properties

Glycemic Index:201, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:71.708261075227%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.97mg, Quercetin: 21.97mg, Quercetin: 21.97mg, Quercetin: 21.97mg

Nutrients (% of daily need)

Calories: 2820.21kcal (141.01%), Fat: 246.13g (378.66%), Saturated Fat: 65.42g (408.86%), Carbohydrates: 94.72g (31.57%), Net Carbohydrates: 79.98g (29.08%), Sugar: 40.58g (45.09%), Cholesterol: 585.64mg (195.21%), Sodium: 3659.42mg (159.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.53g (131.07%), Vitamin K: 457.21µg (435.44%), Vitamin C: 215.68mg (261.44%), Phosphorus: 1652.53mg (165.25%), Calcium: 1455.28mg (145.53%), Manganese: 2.68mg (134.24%), Vitamin B2: 2.14mg (125.9%), Vitamin B6: 2.3mg (114.94%), Folate: 407.86µg (101.97%), Potassium: 3522.85mg (100.65%), Vitamin E: 13.09mg (87.29%), Vitamin A: 4091.65IU (81.83%), Selenium: 52.99µg (75.69%), Magnesium: 287.58mg (71.89%), Vitamin B1: 0.98mg (65.08%), Fiber: 14.73g (58.93%), Iron: 10.55mg (58.62%), Zinc: 8.4mg (56.02%), Vitamin B5: 4.95mg (49.48%), Vitamin B3: 9.06mg (45.3%), Copper: 0.88mg (44.12%), Vitamin B12: 2.22µg (36.99%), Vitamin D: 2.71µg (18.05%)