



## Zucchini Casserole I

READY IN



75 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup butter melted
- 2 carrots grated
- 10.5 ounce cream of chicken soup canned
- 1 small onion chopped
- 0.5 cup cup heavy whipping cream sour
- 4 ounces herb-seasoned bread stuffing mix dry
- 4 cups zucchini cubed

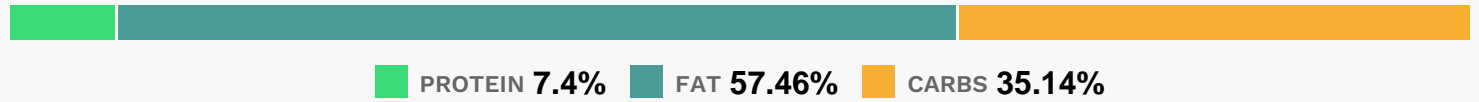
### Equipment

- bowl
- oven
- casserole dish
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl combine stuffing and butter. In a separate bowl combine zucchini, carrots, onion, soup and sour cream.
- Mix in 1/2 of the stuffing mixture, then spread into a 9x12 inch casserole dish and sprinkle the remaining stuffing on top.
- Cover the dish with aluminum foil and bake in preheated oven for 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.31, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:12.376086996949%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg 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: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

## Nutrients (% of daily need)

Calories: 273.03kcal (13.65%), Fat: 17.78g (27.35%), Saturated Fat: 9.5g (59.38%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 22.26g (8.09%), Sugar: 6.02g (6.69%), Cholesterol: 42.58mg (14.19%), Sodium: 721.96mg (31.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin A: 4087.68IU (81.75%), Vitamin C: 17.08mg (20.71%), Manganese: 0.34mg (16.93%), Selenium: 11.09µg (15.85%), Folate: 60.19µg (15.05%), Vitamin B2: 0.23mg (13.43%), Vitamin B1: 0.18mg (11.97%), Potassium: 395.65mg (11.3%), Vitamin B6: 0.21mg (10.69%), Phosphorus: 101.53mg (10.15%), Vitamin B3: 1.89mg (9.47%), Vitamin K: 9.7µg (9.24%), Iron: 1.65mg (9.18%), Fiber: 2.2g (8.8%), Copper: 0.17mg (8.47%), Magnesium: 30.2mg (7.55%), Calcium: 70.28mg (7.03%), Vitamin E: 0.94mg (6.27%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.07µg (1.09%)