



Zucchini Casserole II

READY IN



40 min.

SERVINGS



8

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup carrots shredded
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 cup onion chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 6 ounce bread stuffing mix dry
- ☐ 6 cups zucchini diced

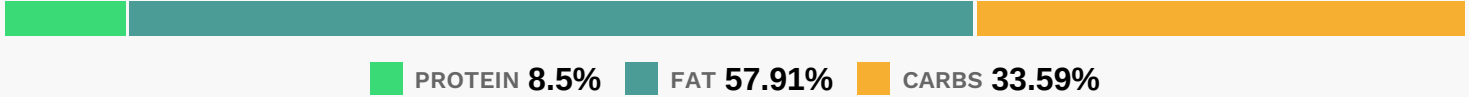
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- ☐ In a large saucepan over medium-high heat, cook zucchini in lightly salted water until crisp-tender, about 5 minutes.
- ☐ Drain, and place in a large bowl. Stir in the condensed soup, sour cream, onion, and carrots.
- ☐ In a small bowl, mix together stuffing and melted butter.
- ☐ Spread half of the stuffing mixture in the bottom of the casserole dish, add a layer of the zucchini mixture, and top with remaining stuffing mixture.
- ☐ Bake for 20 minutes in the preheated oven, or until the top is golden brown.

Nutrition Facts



Properties

Glycemic Index:17.35, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:12.714782663014%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 290.33kcal (14.52%), Fat: 19.07g (29.33%), Saturated Fat: 10.92g (68.25%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 22.58g (8.21%), Sugar: 6.25g (6.95%), Cholesterol: 49.58mg (16.53%), Sodium: 687.84mg (29.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Vitamin A: 3393.24IU (67.86%), Vitamin C: 18.59mg (22.53%), Manganese: 0.44mg (22.21%), Folate: 67.8µg (16.95%), Selenium: 11.66µg (16.66%), Vitamin B2: 0.26mg (15.37%), Vitamin B1: 0.2mg (13.19%), Potassium: 448.18mg (12.81%), Vitamin B6: 0.25mg (12.27%), Phosphorus: 110.12mg (11.01%), Vitamin B3: 2.19mg (10.95%), Copper: 0.19mg (9.62%), Fiber: 2.3g

(9.22%), Magnesium: 33.99mg (8.5%), Iron: 1.51mg (8.4%), Calcium: 77.05mg (7.71%), Vitamin K: 7.81µg (7.44%), Zinc: 1.08mg (7.18%), Vitamin B5: 0.51mg (5.15%), Vitamin E: 0.74mg (4.92%), Vitamin B12: 0.15µg (2.49%)