



Zucchini Casserole with Fontina Cheese

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10.8 ounce condensed golden mushroom soup canned
- 1 cup fontina shredded
- 1 cup fried onions french
- 3 small zucchini sliced

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8-inch baking dish.
- Arrange zucchini slices in the bottom of the baking dish; spread with mushroom soup. Top with fontina cheese and sprinkle with fried onions.
- Bake in preheated oven until mushroom soup is bubbly and cheese is melted, about 30 minutes.

Nutrition Facts

PROTEIN 18.81% **FAT 62.33%** **CARBS 18.86%**

Properties

Glycemic Index:5.25, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.4595652067143%

Flavonoids

Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 138.7kcal (6.93%), Fat: 9.59g (14.75%), Saturated Fat: 5.12g (31.99%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.01g (2.19%), Sugar: 1.36g (1.51%), Cholesterol: 21.04mg (7.01%), Sodium: 463.94mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Calcium: 99.35mg (9.94%), Manganese: 0.19mg (9.75%), Vitamin C: 7.92mg (9.6%), Phosphorus: 84.95mg (8.5%), Zinc: 1.14mg (7.59%), Vitamin B2: 0.1mg (5.77%), Vitamin B12: 0.34µg (5.64%), Copper: 0.1mg (5.19%), Vitamin B6: 0.1mg (5.05%), Potassium: 174.05mg (4.97%), Vitamin A: 239.15IU (4.78%), Folate: 14.28µg (3.57%), Selenium: 2.48µg (3.54%), Magnesium: 12.94mg (3.24%), Vitamin B3: 0.57mg (2.84%), Iron: 0.47mg (2.6%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 2.33µg (2.22%), Vitamin B1: 0.03mg (2.07%), Fiber: 0.52g (2.07%)