



Zucchini Dutch Cheese Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 teaspoon basil dried
- ☐ 2 cups extra wide egg noodles
- ☐ 0.3 cup flour
- ☐ 1 clove garlic chopped
- ☐ 1.5 cups gouda cheese shredded
- ☐ 1.5 cups milk
- ☐ 1.5 cups mushrooms chopped
- ☐ 0.5 cup onion chopped

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup water
- ☐ 4 cups zucchini diced

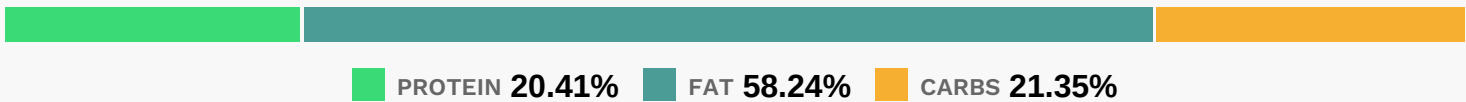
Equipment

- ☐ pot
- ☐ casserole dish
- ☐ microwave
- ☐ colander

Directions

- ☐ Bring a large pot of lightly salted water to a boil over high heat.
- ☐ Add the egg noodles, and cook until al dente, 8 to 10 minutes.
- ☐ Drain in a colander, rinse with cold water, and set aside.
- ☐ Meanwhile, place the zucchini and water into a 2 quart, microwave safe casserole dish with lid. Cover and cook in the microwave on high for 6 minutes. Scrape the zucchini into the colander with the pasta and set aside.
- ☐ Place the butter, mushrooms, onion, and garlic into the casserole dish. Cook on high for 3 minutes, then stir in the flour, salt, and basil. Stir in the milk, then return the dish to the microwave and cook on high 5 minutes more, stirring every 2 minutes.
- ☐ Stir the zucchini and pasta into the mushroom sauce along with 1 cup of the Gouda cheese. Cook for 6 more minutes on high, then sprinkle with the remaining cheese, and cook another minute until the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:13.29, Inflammation Score:-8, Nutrition Score:25.761304357777%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 612.71kcal (30.64%), Fat: 40.13g (61.74%), Saturated Fat: 20.06g (125.36%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 30.24g (11%), Sugar: 11.42g (12.69%), Cholesterol: 128.08mg (42.69%), Sodium: 1349.62mg (58.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.64g (63.28%), Calcium: 777.9mg (77.79%), Phosphorus: 719.86mg (71.99%), Selenium: 36.03µg (51.48%), Vitamin B2: 0.75mg (44.31%), Zinc: 4.9mg (32.66%), Vitamin B12: 1.94µg (32.4%), Vitamin C: 24.7mg (29.93%), Vitamin A: 1416.86IU (28.34%), Manganese: 0.52mg (26.17%), Vitamin B6: 0.45mg (22.4%), Potassium: 780.63mg (22.3%), Magnesium: 79.26mg (19.82%), Folate: 78.86µg (19.72%), Vitamin B1: 0.27mg (17.91%), Vitamin B5: 1.68mg (16.85%), Copper: 0.3mg (14.99%), Vitamin B3: 2.91mg (14.56%), Fiber: 2.86g (11.46%), Vitamin K: 11.07µg (10.55%), Vitamin D: 1.58µg (10.53%), Iron: 1.8mg (10.01%), Vitamin E: 0.95mg (6.34%)