



Zucchini, Squash, and Corn Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asiago cheese divided freshly grated
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1.5 cups breadcrumbs fresh divided soft
- ☐ 0.3 cup butter divided
- ☐ 6 oz freshly cheddar cheese shredded white
- ☐ 2 large eggs lightly beaten
- ☐ 3 cups corn kernels fresh
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 cups onion diced sweet
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds baby squash yellow cut into 1/4-inch-thick slices
- ☐ 1.5 pounds zucchini cut into 1/4-inch-thick slices

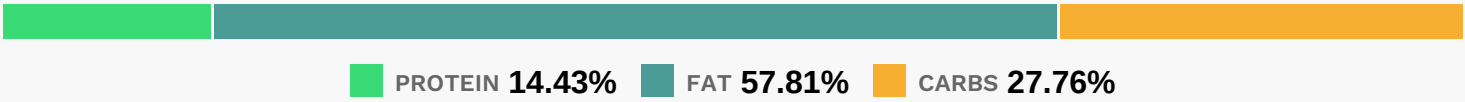
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Bring first 2 ingredients and water to cover to a boil in a Dutch oven over medium-high heat, and boil 5 minutes or until crisp-tender.
- ☐ Drain; gently press between paper towels.
- ☐ Melt 2 Tbsp. butter in a skillet over medium-high heat; add onion, and saut 10 minutes or until tender.
- ☐ Add garlic, and saut 2 minutes.
- ☐ Stir together squash, onion mixture, corn, next 6 ingredients, and 1/2 cup each breadcrumbs and Asiago cheese just until blended. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Melt remaining 2 Tbsp. butter. Stir in remaining 1 cup breadcrumbs and 1/2 cup Asiago cheese.
- ☐ Sprinkle over casserole.
- ☐ Bake at 350 for 45 to 50 minutes or until golden brown and set.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.3, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:17.403043601824%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 398.51kcal (19.93%), Fat: 26.36g (40.55%), Saturated Fat: 11.04g (68.99%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 25.04g (9.11%), Sugar: 9.17g (10.19%), Cholesterol: 84.7mg (28.23%), Sodium: 764.02mg (33.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin C: 28.53mg (34.58%), Calcium: 319.14mg (31.91%), Phosphorus: 306.9mg (30.69%), Manganese: 0.55mg (27.69%), Vitamin B2: 0.43mg (25.58%), Vitamin K: 26.36µg (25.11%), Selenium: 15.75µg (22.51%), Folate: 89.5µg (22.38%), Vitamin B1: 0.32mg (21.24%), Vitamin B6: 0.41mg (20.66%), Vitamin A: 879.34IU (17.59%), Potassium: 604.97mg (17.28%), Magnesium: 62.16mg (15.54%), Fiber: 3.43g (13.72%), Zinc: 1.99mg (13.28%), Vitamin B3: 2.59mg (12.95%), Iron: 1.95mg (10.83%), Vitamin B5: 1.02mg (10.19%), Copper: 0.18mg (9.05%), Vitamin B12: 0.49µg (8.22%), Vitamin E: 1.01mg (6.77%), Vitamin D: 0.37µg (2.5%)