

Squash Casserole III

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Servings: 6

*2 1/2 pounds squash
1/4 cup onion, chopped
2 eggs, beaten
1 cup sharp Cheddar cheese, grated
3/4 cup sour cream
garlic powder (optional)
1/2 stick margarine, melted
Cheese Ritz crackers, crushed*

Preheat the oven to 350 degrees.

In a saucepan, cook the squash with the onion until tender. Drain well.

Add the eggs, cheese and sour cream. Add the garlic powder, if desired.

Pour into a buttered 13x9-inch baking dish.

Top with the crushed Ritz crackers.

Drizzle the melted butter over the top.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 268 Calories; 22g Fat (71.1% calories from fat); 10g Protein; 10g Carbohydrate; 4g Dietary Fiber; 103mg Cholesterol; 249mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	268	Vitamin B6 (mg):	.2mg
% Calories from Fat:	71.1%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	14.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	22g	Folacin (mcg):	62mcg
Saturated Fat (g):	10g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
	103mg	% Daily Value*	0 0%

Cholesterol (mg):
Carbohydrate (g): 10g
Dietary Fiber (g): 4g
Protein (g): 10g
Sodium (mg): 249mg
Potassium (mg): 447mg
Calcium (mg): 219mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 27mg
Vitamin A (i.u.): 1197IU
Vitamin A (r.e.): 263RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 268 Calories from Fat: 191

% Daily Values*

Total Fat	22g	34%
Saturated Fat	10g	48%
Cholesterol	103mg	34%
Sodium	249mg	10%
Total Carbohydrates	10g	3%
Dietary Fiber	4g	14%
Protein	10g	

Vitamin A	24%
Vitamin C	45%
Calcium	22%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.