

# Zucchini Casserole II

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

*1 medium onion, chopped  
3 to 4 medium zucchini, sliced  
1/2-inch thick  
3 eggs  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 to 3 tablespoons butter  
3/4 cup sharp Cheddar cheese,  
grated  
3/4 cup bread crumbs*

Preheat the oven to 375 degrees.

In a large pot of boiling, salted water, cook the onion and zucchini for 6 to 8 minutes or until just tender. Drain well in a strainer. Coarsely mash with a fork while in the strainer to allow more moisture to drain out.

In a bowl, beat the eggs. Add the sugar, salt and pepper. Beat again. Stir in the zucchini mixture.

Pour into a greased 8- or 9-inch baking dish. Drizzle with melted butter. Sprinkle with grated cheese and top with bread crumbs.

Bake for 30 to 35 minutes.

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Per Serving (excluding unknown items): 2684 Calories; 232g Fat (76.5% calories from fat); 60g Protein; 100g Carbohydrate; 11g Dietary Fiber; 1222mg Cholesterol; 4396mg Sodium. Exchanges: 4 Grain(Starch); 5 1/2 Lean Meat; 4 1/2 Vegetable; 42 1/2 Fat; 1 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2684	<b>Vitamin B6 (mg):</b>	1.0mg
<b>% Calories from Fat:</b>	76.5%	<b>Vitamin B12 (mcg):</b>	2.9mcg
<b>% Calories from Carbohydrates:</b>	14.7%	<b>Thiamin B1 (mg):</b>	1.2mg
<b>% Calories from Protein:</b>	8.8%	<b>Riboflavin B2 (mg):</b>	1.6mg
<b>Total Fat (g):</b>	232g	<b>Folacin (mcg):</b>	333mcg
<b>Saturated Fat (g):</b>	138g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	69g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	11g	<b>Alcohol (kcal):</b>	0

<b>Cholesterol (mg):</b>	1222mg
<b>Carbohydrate (g):</b>	100g
<b>Dietary Fiber (g):</b>	11g
<b>Protein (g):</b>	60g
<b>Sodium (mg):</b>	4396mg
<b>Potassium (mg):</b>	2161mg
<b>Calcium (mg):</b>	1049mg
<b>Iron (mg):</b>	12mg
<b>Zinc (mg):</b>	7mg
<b>Vitamin C (mg):</b>	60mg
<b>Vitamin A (i.u.):</b>	10569IU
<b>Vitamin A (r.e.):</b>	2397 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	4
<b>Lean Meat:</b>	5 1/2
<b>Vegetable:</b>	4 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	42 1/2
<b>Other Carbohydrates:</b>	1

## Nutrition Facts

### Amount Per Serving

**Calories** 2684      **Calories from Fat:** 2053

### % Daily Values\*

<b>Total Fat</b>	232g	358%
Saturated Fat	138g	691%
<b>Cholesterol</b>	1222mg	407%
<b>Sodium</b>	4396mg	183%
<b>Total Carbohydrates</b>	100g	33%
Dietary Fiber	11g	44%
<b>Protein</b>	60g	
<b>Vitamin A</b>		211%
<b>Vitamin C</b>		100%
<b>Calcium</b>		105%
<b>Iron</b>		64%

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