

# Southern Yellow Squash Casserole

Yield: 10 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-yellow-squash-recipe>

## Ingredients:

- 4 cups yellow squash peeled, cooked and mashed
- 3 eggs beaten
- 1/2 cup yellow onion chopped
- 1/4 cup buttermilk
- salt
- pepper
- dried parsley
- 1 cup shredded cheddar cheese divided
- 1/4 cup melted butter
- 1 butter crackers sleeve of, crushed and divided

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 90 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

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