



## Amy's Asparagus Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 pounds asparagus fresh trimmed cut into 1 inch pieces
- 21.5 ounce condensed golden mushroom soup canned
- 2.8 ounce french-fried onions canned
- 1 pound provolone cheese shredded

### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place asparagus in baking dish; cover with cheese.
- Spread mushroom soup over cheese.
- Bake, covered, until hot and bubbly, about 35 minutes.
- Remove from oven; remove cover and sprinkle with onions. Return to oven and bake, uncovered, until onions are lightly browned, about 10 minutes.

## Nutrition Facts

**PROTEIN 24.59%** **FAT 58.98%** **CARBS 16.43%**

## Properties

Glycemic Index:5.9, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:13.723478265431%

## Flavonoids

Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

## Nutrients (% of daily need)

Calories: 264.15kcal (13.21%), Fat: 17.5g (26.92%), Saturated Fat: 10.18g (63.6%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 8.94g (3.25%), Sugar: 1.96g (2.18%), Cholesterol: 34.35mg (11.45%), Sodium: 829.84mg (36.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.82%), Vitamin K: 38.74µg (36.89%), Calcium: 367.13mg (36.71%), Phosphorus: 289.83mg (28.98%), Vitamin A: 1084.99IU (21.7%), Vitamin B2: 0.31mg (18.24%), Zinc: 2.63mg (17.5%), Manganese: 0.33mg (16.54%), Copper: 0.31mg (15.26%), Iron: 2.6mg (14.47%), Folate: 55.98µg (13.99%), Vitamin B12: 0.76µg (12.66%), Selenium: 8.66µg (12.38%), Vitamin B1: 0.15mg (10.04%), Potassium: 322.65mg (9.22%), Fiber: 2.03g (8.11%), Vitamin B3: 1.51mg (7.53%), Vitamin E: 1.13mg (7.53%), Magnesium: 29.67mg (7.42%), Vitamin B6: 0.14mg (7%), Vitamin C: 5.08mg (6.16%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.23µg (1.51%)