






 **82%**
HEALTH SCORE

Asparagus and Chickpea Casserole

 Dairy Free  Very Healthy

READY IN

70 min.

SERVINGS

6

CALORIES

180 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 12 ounces asparagus ends trimmed cut into 1-inch pieces
- 15 ounce garbanzo beans rinsed drained canned
- 1 rib celery diced
- 1 teaspoon basil dried
- 2 tablespoons flour
- 3 cloves garlic minced
- 2 cups hash browns raw shredded frozen (or 5-8 ounces potato,)
- 8 ounces mushrooms sliced

- 1.5 tablespoon nutritional yeast
- 1 medium onion diced
- 6 servings pepper black freshly ground to taste
- 6 servings paprika smoked for garnish
- 0.5 teaspoon thyme leaves dried
- 0.8 cup soy milk unsweetened

Equipment

- frying pan
- oven
- whisk
- casserole dish
- broiler

Directions

- Heat a non-stick pan over medium-high heat. Give it a quick spray of oil, if desired, and add the onions. Cook until onions soften, 2-3 minutes.
- Add the celery, mushrooms, and garlic and cook for 2-3 more minutes, until mushrooms exude their juices.
- Add the asparagus and two tablespoons of vegetable broth, cover pan, and cook for another 2-3 minutes, until asparagus is bright green and beginning to become tender.
- Whisk the flour into the cup of vegetable broth.
- Add it, the milk, nutritional yeast, thyme, and basil and heat until bubbly.
- Add the chickpeas and salt and pepper to taste. Turn heat to low, and simmer for 5 minutes.
- Pour into prepared casserole dish and top with an even layer of potatoes.
- Sprinkle potatoes with salt, if desired, and smoked paprika.
- Bake until casserole is bubbly and top is lightly browned, 25-45 minutes (frozen potatoes will take longer than fresh). If top does not completely brown, place it under the broiler for a few seconds.

Nutrition Facts

PROTEIN 20.75% FAT 13.06% CARBS 66.19%

Properties

Glycemic Index:65.22, Glycemic Load:8.71, Inflammation Score:-8, Nutrition Score:17.083913150041%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg

Nutrients (% of daily need)

Calories: 179.71kcal (8.99%), Fat: 2.78g (4.28%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 24.48g (8.9%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 233.91mg (10.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.95g (19.9%), Manganese: 0.91mg (45.49%), Fiber: 7.27g (29.06%), Vitamin B6: 0.57mg (28.65%), Vitamin K: 29.47µg (28.07%), Copper: 0.46mg (23.02%), Iron: 3.81mg (21.14%), Vitamin B2: 0.35mg (20.78%), Vitamin A: 1034.83IU (20.7%), Potassium: 692.56mg (19.79%), Vitamin B1: 0.29mg (19.01%), Phosphorus: 177.15mg (17.72%), Vitamin B3: 3.54mg (17.7%), Folate: 68.03µg (17.01%), Vitamin C: 12.09mg (14.65%), Vitamin B5: 1.27mg (12.72%), Magnesium: 49.93mg (12.48%), Selenium: 7.7µg (11%), Calcium: 101.33mg (10.13%), Zinc: 1.27mg (8.49%), Vitamin E: 0.98mg (6.52%), Vitamin B12: 0.35µg (5.87%), Vitamin D: 0.44µg (2.93%)