



Asparagus and Mushroom Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh trimmed cut into 1 1/2-inch pieces
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.3 onion thinly sliced
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 4 ounce saltines crushed

☐ 1 cup sharp cheddar cheese shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease a 1 1/2-quart baking dish.
- ☐ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil.
- ☐ Add asparagus, cover, and steam until just tender, 5 to 8 minutes.
- ☐ Heat olive oil in a large skillet; cook and stir mushrooms and onion until the mushrooms have given off their liquid, 5 to 8 minutes. Stir in the asparagus, tossing vegetables just until hot.
- ☐ Remove from heat.
- ☐ Mix saltine cracker crumbs, sharp Cheddar cheese, and black pepper together in a bowl; spread half the mixture into the bottom of the prepared baking dish.
- ☐ Spoon the asparagus mixture over the crumb mixture.
- ☐ Whisk the cream of mushroom soup and milk together in a bowl until smooth, and pour the soup mixture over the asparagus mixture.
- ☐ Spread the remaining crumb-cheese mixture over the casserole and sprinkle with pecans.
- ☐ Bake in the preheated oven until the casserole is bubbling, about 30 minutes.

Nutrition Facts



☐ PROTEIN 16.21% ☐ FAT 53.71% ☐ CARBS 30.08%

Properties

Glycemic Index:33, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:17.426521674446%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg

Nutrients (% of daily need)

Calories: 307.89kcal (15.39%), Fat: 19.01g (29.24%), Saturated Fat: 5.85g (36.57%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 20.38g (7.41%), Sugar: 4.01g (4.45%), Cholesterol: 23.81mg (7.94%), Sodium: 672.51mg (29.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.81%), Manganese: 0.88mg (43.8%), Vitamin K: 38.64µg (36.8%), Vitamin B2: 0.51mg (29.73%), Copper: 0.51mg (25.46%), Vitamin B1: 0.36mg (24.04%), Phosphorus: 239.24mg (23.92%), Folate: 81.46µg (20.36%), Vitamin B3: 3.92mg (19.61%), Iron: 3.51mg (19.48%), Calcium: 190.87mg (19.09%), Selenium: 13.29µg (18.98%), Zinc: 2.49mg (16.59%), Vitamin A: 799IU (15.98%), Fiber: 3.57g (14.27%), Potassium: 455.7mg (13.02%), Vitamin B5: 1.2mg (11.98%), Vitamin E: 1.69mg (11.28%), Magnesium: 41mg (10.25%), Vitamin B6: 0.19mg (9.74%), Vitamin B12: 0.42µg (7.05%), Vitamin C: 5.47mg (6.63%), Vitamin D: 0.41µg (2.75%)