



Asparagus and Swiss Bake

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups asparagus (1 inch)
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup spring onion sliced
- ☐ 8 oz swiss cheese shredded
- ☐ 1.5 cups milk
- ☐ 1 teaspoon lemon pepper
- ☐ 3 eggs
- ☐ 0.8 cup frangelico

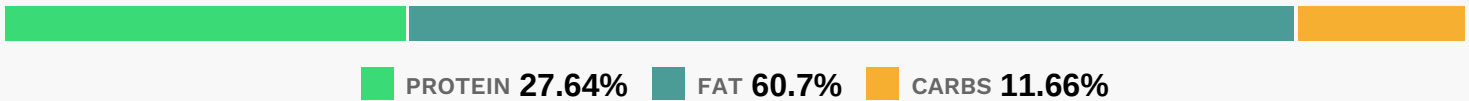
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 1-quart saucepan, heat 1 inch water to boiling.
- ☐ Add asparagus; cook uncovered 2 minutes.
- ☐ Drain thoroughly.
- ☐ In baking dish, mix asparagus, bell pepper and onions. In medium bowl, stir 1 1/2 cups of the cheese and the remaining ingredients until blended; pour into baking dish.
- ☐ Bake uncovered 35 to 40 minutes, sprinkling with remaining 1/2 cup cheese for last 5 minutes of baking, until knife inserted between center and edge comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:15.892608818801%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 232.28kcal (11.61%), Fat: 15.88g (24.43%), Saturated Fat: 8.74g (54.59%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.57g (5.08%), Cholesterol: 124.31mg (41.44%), Sodium: 127.14mg (5.53%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Calcium: 442.83mg (44.28%), Vitamin K: 37.76µg (35.97%), Phosphorus: 352.2mg (35.22%), Selenium: 20.4µg (29.14%), Vitamin B12: 1.67µg (27.78%), Vitamin A: 1342.71IU (26.85%), Vitamin C: 19.96mg (24.2%), Vitamin B2: 0.38mg (22.36%), Zinc: 2.49mg (16.63%), Folate: 48.07µg (12.02%), Vitamin B6: 0.18mg (9.2%), Vitamin B5: 0.9mg (9%), Iron: 1.6mg (8.88%), Potassium: 292.55mg (8.36%), Vitamin E: 1.24mg (8.26%), Vitamin B1: 0.12mg (8.18%), Magnesium: 32.41mg (8.1%), Manganese: 0.15mg (7.54%), Vitamin D: 1.11µg (7.41%), Copper: 0.13mg (6.6%), Fiber: 1.5g (6%), Vitamin B3: 0.71mg (3.55%)