



## Asparagus Casserole

READY IN



30 min.

SERVINGS



5

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup almond flour
- 4 tablespoons butter
- 15 ounce asparagus with liquid reserved drained canned
- 1 pinch ground pepper
- 4 eggs
- 4 tablespoons flour all-purpose
- 0.5 cup milk
- 5 servings salt and pepper to taste
- 0.5 cup seasoned bread crumbs

- 4 ounces sharp cheddar cheese cubed
- 0.5 teaspoon worcestershire sauce

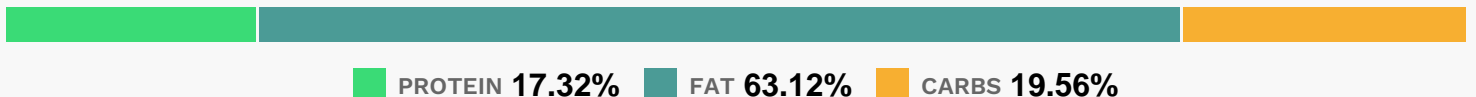
## Equipment

- frying pan
- sauce pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a medium-sized casserole dish.
- Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- In a heavy saucepan, melt the butter. Stir in the flour, salt, and pepper; blend thoroughly. Gradually stir in 3/4 cup of reserved asparagus liquid and the milk; cook (stirring constantly) until the sauce is thickened and smooth . If the mixture is too thick, more asparagus liquid or milk can be added until the mixture reaches the desired consistency. Stir in the Worcestershire sauce and cayenne pepper.
- Remove the pan from the heat.
- Layer the asparagus, eggs, cheese, and almonds into the casserole. Repeat the layering until all of the ingredients are used. Spoon the sauce over the layers and sprinkle with crumbs.
- Bake in the preheated 350 degree F (175 degrees C) oven for 20 minutes; or until bubbly and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:44.4, Glycemic Load:3.9, Inflammation Score:-8, Nutrition Score:17.297826124274%

## Nutrients (% of daily need)

Calories: 385.58kcal (19.28%), Fat: 27.74g (42.68%), Saturated Fat: 12.36g (77.25%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 16.04g (5.83%), Sugar: 3.45g (3.83%), Cholesterol: 180.75mg (60.25%), Sodium: 885.72mg (38.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.25%), Vitamin K: 42.19µg (40.18%), Selenium: 24.25µg (34.64%), Folate: 124.37µg (31.09%), Vitamin A: 1467.8IU (29.36%), Calcium: 273.42mg (27.34%), Vitamin B2: 0.46mg (27.28%), Phosphorus: 265.61mg (26.56%), Iron: 3.54mg (19.66%), Vitamin C: 14.54mg (17.62%), Vitamin B1: 0.25mg (16.47%), Manganese: 0.32mg (15.88%), Fiber: 3.3g (13.21%), Zinc: 1.95mg (13.02%), Vitamin E: 1.89mg (12.6%), Vitamin B12: 0.75µg (12.44%), Vitamin B6: 0.21mg (10.4%), Vitamin B3: 1.98mg (9.9%), Vitamin B5: 0.96mg (9.56%), Potassium: 290.99mg (8.31%), Copper: 0.15mg (7.7%), Vitamin D: 1.11µg (7.39%), Magnesium: 28.96mg (7.24%)