



Asparagus Casserole



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 45 ounce asparagus drained canned
- ☐ 11 ounce condensed cheese soup canned
- ☐ 16 ounce whipped cream cheese
- ☐ 6 ounce french-fried onions canned
- ☐ 8 ounce shrimp drained canned

Equipment

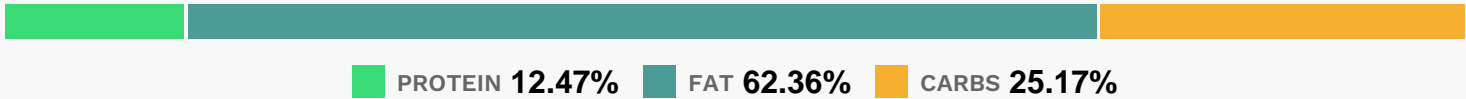
- ☐ oven
- ☐ mixing bowl

- ☐ casserole dish
- ☐ spatula

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a mixing bowl, blend cream cheese and cheddar cheese soup until there are no lumps. Fold in the shrimp.
- ☐ Arrange the asparagus in a 9x13 inch casserole dish. They should be arranged so that the head to tail end of the asparagus are alternated.
- ☐ Pour the cheese and shrimp mixture over the asparagus. Use a spatula to spread the soup around evenly. Be careful not to tear asparagus. Make sure there is at least 1/2 an inch of space between the top of the ingredients and the top of casserole dish because the casserole will boil while cooking.
- ☐ Bake covered in a preheated 400 degrees F (200 degrees C) oven for 35 minutes. After 35 minutes, uncover and crush fried onions on top of casserole and cook for the remaining 10 minutes uncovered.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:5.19, Inflammation Score:-9, Nutrition Score:20.533043301624%

Nutrients (% of daily need)

Calories: 486.1kcal (24.3%), Fat: 34.25g (52.69%), Saturated Fat: 17.54g (109.64%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 27.28g (9.92%), Sugar: 9.14g (10.15%), Cholesterol: 120.39mg (40.13%), Sodium: 1169.75mg (50.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.81%), Vitamin K: 89.25µg (85%), Vitamin A: 2475.05IU (49.5%), Folate: 195.75µg (48.94%), Vitamin C: 35.3mg (42.78%), Phosphorus: 239.6mg (23.96%), Potassium: 811.55mg (23.19%), Iron: 4.13mg (22.92%), Vitamin E: 3.08mg (20.52%), Manganese: 0.37mg (18.73%), Copper: 0.36mg (17.97%), Vitamin B2: 0.26mg (15.4%), Fiber: 3.82g (15.27%), Calcium: 151.2mg (15.12%), Vitamin B6: 0.26mg (13.24%), Zinc: 1.64mg (10.91%), Magnesium: 42.81mg (10.7%), Vitamin B3: 2.08mg (10.41%), Vitamin B1: 0.15mg (10.09%), Selenium: 4.67µg (6.68%), Vitamin B5: 0.53mg (5.26%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.3µg (2.02%)