



Asparagus Casserole I

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus fresh
- 10.8 ounce cream of mushroom soup canned
- 2 cups ham diced
- 5 eggs hard cooked chopped
- 0.5 cup evaporated milk
- 2 tablespoons parsley fresh chopped
- 0.3 cup bell pepper green chopped
- 1 tablespoon juice of lemon

- 0.3 cup onion chopped
- 0.3 cup cheddar cheese shredded
- 2 tablespoons .3 oz. of pearl tapioca

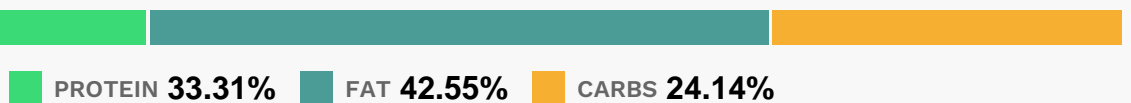
Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Trim asparagus and cut into 3/4 inch pieces; blanch in microwave for 2 to 3 minutes and drain.
- Place asparagus, ham and eggs in a lightly greased 9x13 inch baking dish. In a large bowl combine the onion, bell pepper, cheese, tapioca, parsley, lemon juice, soup and milk; mix well.
- Pour mixture into baking dish and stir together with asparagus, ham and eggs.
- Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes or until cooked through.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.28, Glycemic Load:3.48, Inflammation Score:-7, Nutrition Score:14.651739037555%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg

Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 225.22kcal (11.26%), Fat: 10.84g (16.68%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.85g (4.31%), Sugar: 5.34g (5.93%), Cholesterol: 190.68mg (63.56%), Sodium: 973.24mg (42.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.2%), Vitamin K: 54.2µg (51.62%), Vitamin B2: 0.45mg (26.48%), Selenium: 16.9µg (24.15%), Vitamin A: 1036.86IU (20.74%), Phosphorus: 201.53mg (20.15%), Folate: 68.78µg (17.19%), Iron: 2.95mg (16.38%), Vitamin C: 12.86mg (15.59%), Manganese: 0.31mg (15.39%), Calcium: 145.18mg (14.52%), Copper: 0.27mg (13.26%), Zinc: 1.84mg (12.24%), Vitamin B1: 0.17mg (11.06%), Vitamin B5: 1.07mg (10.75%), Vitamin B12: 0.64µg (10.73%), Potassium: 368.69mg (10.53%), Vitamin E: 1.4mg (9.35%), Vitamin B6: 0.18mg (8.95%), Fiber: 2g (7.99%), Magnesium: 27.19mg (6.8%), Vitamin B3: 1.32mg (6.62%), Vitamin D: 0.98µg (6.5%)