



Asparagus Mushroom Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups mushrooms fresh sliced
- 4 cups mushrooms fresh sliced
- 1 cup onion chopped
- 4 tablespoons butter divided
- 2 tablespoons flour all-purpose
- 1 teaspoon chicken soup base
- 0.5 teaspoon salt
- 0.1 teaspoon nutmeg
- 0.1 teaspoon pepper

- 1 cup milk 2%
- 12 ounces asparagus frozen thawed drained
- 0.3 cup pimientos diced
- 1.5 teaspoons juice of lemon
- 0.8 cup breadcrumbs soft

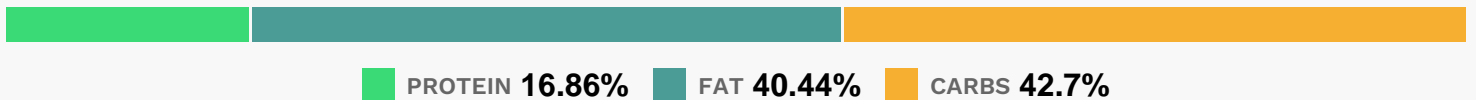
Equipment

- frying pan
- oven
- baking pan
- slotted spoon

Directions

- In a nonstick skillet, cook mushrooms and onion in 3 tablespoons butter until tender.
- Remove vegetables with a slotted spoon and set aside. Stir the flour, bouillon, salt, nutmeg and pepper into drippings until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in asparagus, pimientos, lemon juice and the mushroom mixture.
- Pour into a 1-1/2-qt. baking dish coated with cooking spray. Melt remaining butter; toss with bread crumbs.
- Sprinkle over top.
- Bake, uncovered, at 350° for 35-40 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:65.83, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:17.671304288118%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.57mg, Isorhamnetin: 4.57mg, Isorhamnetin: 4.57mg, Isorhamnetin: 4.57mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 202.91kcal (10.15%), Fat: 9.71g (14.94%), Saturated Fat: 5.58g (34.9%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 19.27g (7.01%), Sugar: 7.94g (8.82%), Cholesterol: 23.26mg (7.75%), Sodium: 460.73mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Vitamin B2: 0.75mg (44.23%), Vitamin B3: 6.36mg (31.8%), Copper: 0.57mg (28.56%), Selenium: 18.78µg (26.83%), Vitamin K: 26.21µg (24.96%), Vitamin B1: 0.37mg (24.37%), Vitamin B5: 2.35mg (23.45%), Phosphorus: 213.19mg (21.32%), Vitamin C: 16.72mg (20.27%), Folate: 78.53µg (19.63%), Potassium: 665.44mg (19.01%), Vitamin A: 915.29IU (18.31%), Manganese: 0.35mg (17.29%), Iron: 2.86mg (15.91%), Fiber: 3.81g (15.22%), Vitamin B6: 0.27mg (13.58%), Calcium: 99.74mg (9.97%), Zinc: 1.45mg (9.66%), Magnesium: 33.97mg (8.49%), Vitamin E: 0.97mg (6.47%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.26µg (1.71%)