



Baked Asparagus and Couscous

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 1.3 cups chicken broth
- 1 pound asparagus cut into 2-inch pieces
- 1 cup couscous uncooked
- 10.8 ounces campbell's® condensed cream of celery soup canned
- 1.5 cups carrots shredded
- 1 tablespoon juice of lemon
- 1 teaspoon dill dried fresh
- 0.5 teaspoon salt

- 1 cup breadcrumbs soft ()
- 2 tablespoons butter melted

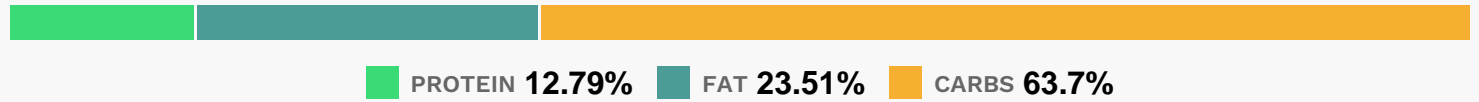
Equipment

- oven

Directions

- Heat oven to 425°.
- Mix broth, asparagus, couscous, soup, carrots, lemon juice, dill weed and salt in 2-quart casserole. Cover and bake 20 minutes or until hot and bubbly.
- Toss bread crumbs and margarine; sprinkle over asparagus mixture.
- Bake uncovered 8 to 10 minutes or until crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:15.02, Inflammation Score:-10, Nutrition Score:18.150869613108%

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg

Nutrients (% of daily need)

Calories: 281.79kcal (14.09%), Fat: 7.44g (11.45%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 40.3g (14.66%), Sugar: 5.01g (5.57%), Cholesterol: 6.57mg (2.19%), Sodium: 840.13mg (36.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Vitamin A: 6238.49IU (124.77%), Vitamin K: 45.6µg (43.43%), Manganese: 0.69mg (34.35%), Vitamin B1: 0.37mg (24.93%), Fiber: 5.07g (20.28%), Iron: 3.27mg (18.15%), Folate: 71.98µg (18%), Vitamin B3: 3.5mg (17.52%), Copper: 0.34mg (17.03%), Vitamin B2: 0.27mg (15.97%), Phosphorus: 148.6mg (14.86%), Vitamin E: 1.95mg (13.03%), Vitamin B5: 1.23mg (12.31%), Potassium: 406.93mg (11.63%), Selenium: 7.42µg (10.6%), Magnesium: 38.93mg (9.73%), Calcium: 91.42mg (9.14%),

Vitamin C: 7.28mg (8.83%), Vitamin B6: 0.18mg (8.8%), Zinc: 1.09mg (7.25%), Vitamin B12: 0.1µg (1.63%)