



Baked Deviled Eggs with Asparagus

READY IN



60 min.

SERVINGS



6

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds asparagus fresh trimmed cut into 1-inch pieces
- 2 tablespoons butter melted
- 1 cup corn flake cereal crushed
- 6 tablespoons flour all-purpose
- 0.1 teaspoon ground pepper black
- 4.5 ounce deviled ham spread canned
- 10 hard-cooked eggs peeled sliced in half lengthwise
- 1 tablespoon heavy cream
- 2 cups mild cheddar cheese shredded

- 3 cups milk
- 0.3 teaspoon ground mustard dry
- 1 teaspoon onion grated
- 6 servings salt to taste
- 0.5 teaspoon worcestershire sauce

Equipment

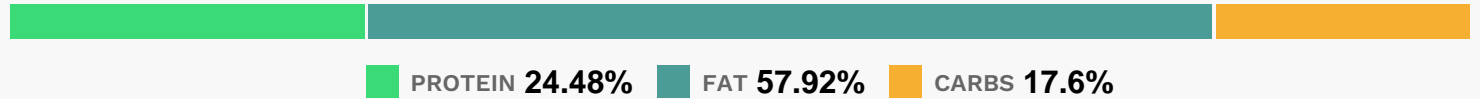
- bowl
- sauce pan
- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Cook asparagus in a large pot of lightly salted boiling water until tender, 5 to 8 minutes.
- Drain well and set aside.
- Scoop yolks out of hard-cooked eggs and transfer to a bowl; mash yolks with a fork.
- Mash deviled ham spread, cream, onion, 3/4 teaspoon dry mustard powder, Worcestershire sauce, and 1/2 teaspoon salt into the yolks until thoroughly combined.
- Fill cavities in egg halves with the yolk mixture; set deviled eggs aside.
- Melt 6 tablespoons of butter in a saucepan over medium heat, and whisk flour into butter until smooth and bubbling.
- Whisk in milk, a little at a time, until the sauce is smooth and thickened; reduce heat to low and simmer for 5 minutes.
- Whisk in Cheddar cheese, 1/4 teaspoon dry mustard powder, salt to taste, and black pepper; stir sauce until cheese is melted and incorporated.
- Spread asparagus into the bottom of a 9x13-inch baking dish.

- Arrange the deviled eggs on top of asparagus; pour the cheese sauce evenly over the deviled eggs.
- Mix crushed corn flakes with 2 tablespoons melted butter in a bowl; sprinkle over the casserole.
- Bake in the preheated oven until the sauce bubbles and the topping is browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:7.43, Inflammation Score:-9, Nutrition Score:32.500435082809%

Flavonoids

Isorhamnetin: 8.64mg, Isorhamnetin: 8.64mg, Isorhamnetin: 8.64mg, Isorhamnetin: 8.64mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.21mg, Quercetin: 21.21mg, Quercetin: 21.21mg, Quercetin: 21.21mg

Nutrients (% of daily need)

Calories: 524.92kcal (26.25%), Fat: 34.11g (52.48%), Saturated Fat: 16.55g (103.43%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 19.76g (7.18%), Sugar: 10.38g (11.53%), Cholesterol: 389.18mg (129.73%), Sodium: 916.61mg (39.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Selenium: 50.18µg (71.69%), Vitamin B2: 1.14mg (66.91%), Vitamin K: 64.93µg (61.83%), Phosphorus: 579.77mg (57.98%), Calcium: 501.07mg (50.11%), Vitamin A: 2388.82IU (47.78%), Vitamin B1: 0.6mg (40.11%), Vitamin B12: 2.36µg (39.41%), Folate: 154.71µg (38.68%), Iron: 6.21mg (34.52%), Zinc: 4.18mg (27.9%), Vitamin B6: 0.51mg (25.42%), Vitamin D: 3.76µg (25.05%), Vitamin B5: 2.34mg (23.44%), Vitamin E: 3.13mg (20.89%), Potassium: 708.29mg (20.24%), Vitamin B3: 3.92mg (19.59%), Copper: 0.35mg (17.53%), Manganese: 0.34mg (16.97%), Magnesium: 62.57mg (15.64%), Fiber: 3.56g (14.23%), Vitamin C: 9.56mg (11.59%)