

Cheesy Chicken Asparagus Casserole

READY IN



75 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus – tough ends snapped off and spears crosswise fresh halved
- ☐ 2 chicken breast cooked halved thinly sliced
- ☐ 32.3 ounce cream of asparagus soup canned
- ☐ 0.5 pound farfalle pasta (bow tie)
- ☐ 1 cup milk
- ☐ 8 ounce cheddar-monterey jack cheese blend shredded

Equipment

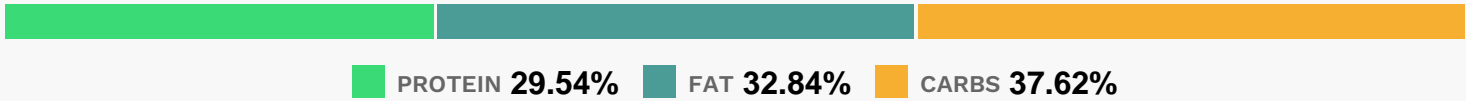
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in bow tie pasta and return to a boil. Cook uncovered, stirring occasionally, until tender but still slightly firm, about 12 minutes.
- ☐ Drain well and set aside.
- ☐ Place asparagus into a large skillet with about 1 inch of water.
- ☐ Place over medium heat, bring to a boil, and reduce heat to low. Cover skillet and cook until asparagus pieces are bright green and tender, about 8 minutes; drain well and set aside.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x13-inch baking dish with cooking spray.
- ☐ Whisk cream of asparagus soup with milk in a bowl until smooth.
- ☐ Spread the cooked bow tie pasta over the bottom of the baking dish.
- ☐ Pour about 1/4 of the soup mixture over the pasta, stirring gently to coat pasta with soup.
- ☐ Lay chicken breast slices over pasta.
- ☐ Spread the asparagus over the chicken slices.
- ☐ Pour remaining soup mixture evenly over the casserole, being sure it soaks through to the bottom of the dish. Top casserole with shredded Cheddar-Monterey Jack cheese.
- ☐ Bake in the preheated oven until the casserole is hot and the cheese topping is browned and bubbling, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:9.43, Inflammation Score:-6, Nutrition Score:18.706521728764%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 378.94kcal (18.95%), Fat: 13.75g (21.15%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 32.88g (11.95%), Sugar: 5.36g (5.96%), Cholesterol: 71.16mg (23.72%), Sodium: 907.76mg (39.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.63%), Selenium: 37.95µg (54.22%), Phosphorus: 380.07mg (38.01%), Vitamin B3: 7.48mg (37.41%), Manganese: 0.7mg (35.2%), Calcium: 293.3mg (29.33%), Vitamin K: 25.8µg (24.57%), Copper: 0.45mg (22.41%), Vitamin B6: 0.43mg (21.26%), Vitamin B2: 0.33mg (19.52%), Zinc: 2.68mg (17.89%), Vitamin B5: 1.67mg (16.66%), Vitamin A: 782.81IU (15.66%), Iron: 2.67mg (14.82%), Potassium: 481.11mg (13.75%), Vitamin B1: 0.19mg (12.67%), Magnesium: 47.89mg (11.97%), Folate: 43.69µg (10.92%), Fiber: 2.56g (10.22%), Vitamin B12: 0.59µg (9.87%), Vitamin E: 0.96mg (6.38%), Vitamin C: 3.18mg (3.85%), Vitamin D: 0.55µg (3.66%)