



# Chicken and Asparagus Bake

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**326 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons almonds chopped
- 10 ounces asparagus frozen thawed
- 0.3 cup butter
- 10 ounces cream of mushroom soup undiluted canned
- 5 cups roasted chicken cubed cooked
- 5 ounces evaporated milk canned
- 8 ounces mushrooms drained canned
- 8 ounces mushrooms drained canned

- 1 medium onion chopped
- 0.5 teaspoon pepper
- 0.3 teaspoon hot sauce hot
- 2 tablespoons pimientos chopped
- 8 ounces cheddar cheese shredded
- 2 teaspoons soya sauce

## Equipment

- sauce pan
- oven
- baking pan

## Directions

- In a large saucepan, saute onion in butter until tender. Stir in the soup, mushrooms, milk, pimientos, soy sauce, pepper and pepper sauce. Stir in cheese until melted.
- In a greased shallow 2-1/2-qt. baking dish, layer half of the chicken, asparagus and cheese sauce. Repeat layers.
- Sprinkle with almonds.
- Bake, uncovered, at 350° for 25-30 minutes or until bubbly.

## Nutrition Facts

■ PROTEIN **34.21%** ■ FAT **56%** ■ CARBS **9.79%**

## Properties

Glycemic Index:30.2, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:16.446087147879%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg

Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

## Nutrients (% of daily need)

Calories: 325.79kcal (16.29%), Fat: 20.42g (31.41%), Saturated Fat: 9.69g (60.53%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.26g (2.27%), Sugar: 3.65g (4.06%), Cholesterol: 92.91mg (30.97%), Sodium: 526.85mg (22.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Selenium: 29.09µg (41.56%), Vitamin B3: 7.92mg (39.61%), Phosphorus: 350.36mg (35.04%), Vitamin B2: 0.53mg (31.2%), Calcium: 227.9mg (22.79%), Vitamin B6: 0.42mg (21.11%), Zinc: 2.84mg (18.91%), Copper: 0.34mg (17.21%), Vitamin B5: 1.72mg (17.15%), Vitamin A: 726.58IU (14.53%), Potassium: 507.16mg (14.49%), Manganese: 0.27mg (13.52%), Vitamin K: 13.34µg (12.7%), Iron: 2.18mg (12.1%), Magnesium: 44.44mg (11.11%), Vitamin B1: 0.15mg (10.17%), Vitamin E: 1.45mg (9.64%), Folate: 37.86µg (9.47%), Vitamin B12: 0.54µg (8.99%), Vitamin C: 6.82mg (8.26%), Fiber: 1.77g (7.09%), Vitamin D: 0.24µg (1.61%)