



## Ham and Asparagus Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups asparagus
- 1.5 cups finely-chopped ham diced fully cooked
- 0.5 cup milk
- 10.8 ounces campbell's® condensed cream of celery soup canned
- 4 ounces cheese shredded italian-style
- 0.8 cup milk
- 1 cup frangelico

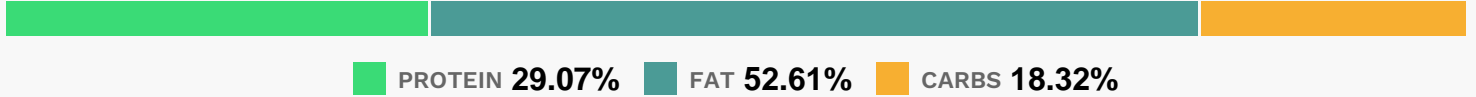
## Equipment

- bowl
- sauce pan
- oven
- toothpicks

## Directions

- Heat oven to 400°F.
- Heat asparagus, ham, milk, soup and 3/4 cup of the cheese to boiling in 3–quart saucepan, stirring constantly. Boil and stir 1 minute.
- Spread in ungreased 2–quart casserole.
- Stir Bisquick mix, milk and remaining 1/4 cup cheese in small bowl until blended.
- Pour evenly over ham mixture.
- Bake uncovered about 30 minutes or until golden brown and toothpick inserted in biscuit layer comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:11.613478204478%

## Flavonoids

Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

## Nutrients (% of daily need)

Calories: 174.8kcal (8.74%), Fat: 10.32g (15.88%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 6.85g (2.49%), Sugar: 4.17g (4.63%), Cholesterol: 47.24mg (15.75%), Sodium: 727.09mg (31.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.67%), Vitamin K: 27.9µg (26.58%), Phosphorus: 239.2mg (23.92%), Vitamin B12: 1.12µg (18.73%), Calcium: 186.64mg (18.66%), Vitamin B1: 0.26mg (17.29%), Selenium: 11.71µg (16.73%), Vitamin B2: 0.27mg (16.1%), Vitamin A: 691.03IU (13.82%), Zinc: 1.69mg (11.28%), Vitamin C: 9.19mg (11.13%), Vitamin B5: 1.05mg (10.53%), Manganese: 0.19mg (9.66%), Potassium: 310mg (8.86%), Copper: 0.18mg (8.83%), Iron: 1.53mg (8.52%), Vitamin E: 1.27mg (8.48%), Vitamin B3: 1.65mg (8.24%), Vitamin B6: 0.16mg

(7.8%), Folate: 26.41µg (6.6%), Magnesium: 24.61mg (6.15%), Fiber: 1.24g (4.97%), Vitamin D: 0.63µg (4.23%)