



Impossible Easy Salmon Asparagus Bake

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounces asparagus frozen thawed drained well
- ☐ 0.5 cup spring onion sliced
- ☐ 12 ounces swiss cheese shredded
- ☐ 12 ounces tuna flaked drained canned
- ☐ 1.5 cups milk
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 eggs

☐ 1.5 cups frangelico

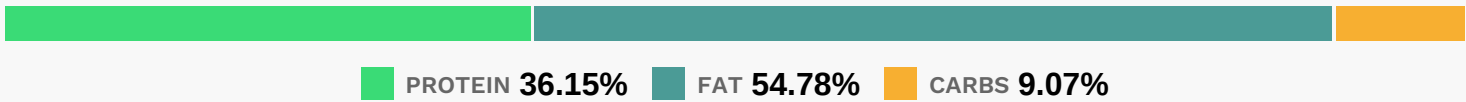
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Heat oven to 400°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
- ☐ Sprinkle asparagus, onions, 1 1/2 cups of the cheese and the salmon in baking dish.
- ☐ Stir remaining ingredients except cheese until blended.
- ☐ Pour into baking dish.
- ☐ Bake 40 to 45 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1 1/2 cups cheese.
- ☐ Bake about 2 minutes or until cheese is melted. Cool 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:14.502173838408%

Flavonoids

Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 187.87kcal (9.39%), Fat: 11.51g (17.7%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.51g (2.79%), Cholesterol: 94.79mg (31.6%), Sodium: 148.82mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.17%), Selenium: 33.96µg (48.51%), Vitamin K: 34.65µg (33%), Calcium: 325.13mg (32.51%), Vitamin B12: 1.88µg (31.33%), Phosphorus: 288.5mg (28.85%), Vitamin B2: 0.29mg (17.19%), Vitamin B3: 3.37mg (16.87%), Vitamin A: 781.52IU (15.63%), Zinc: 2.04mg (13.57%), Iron: 2.14mg

(11.91%), Vitamin B6: 0.2mg (10.21%), Folate: 38.86µg (9.71%), Magnesium: 31.19mg (7.8%), Potassium: 252.28mg (7.21%), Vitamin B1: 0.1mg (6.98%), Copper: 0.14mg (6.91%), Vitamin E: 1.03mg (6.84%), Manganese: 0.13mg (6.57%), Vitamin D: 0.97µg (6.46%), Vitamin B5: 0.64mg (6.38%), Fiber: 1.24g (4.95%), Vitamin C: 3.43mg (4.16%)