



Impossibly Easy Salmon Asparagus Bake

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounces asparagus frozen thawed drained well
- 12 ounces tuna flaked drained canned
- 4 eggs
- 0.5 cup spring onion sliced
- 1.5 cups milk
- 0.3 teaspoon pepper
- 12 ounces swiss cheese shredded
- 1.5 cups frangelico

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Equipment

oven

knife

baking pan

Directions

Heat oven to 40

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.

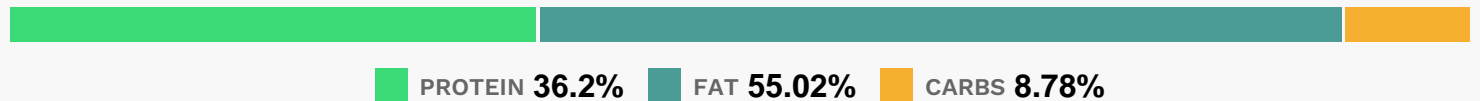
Pour into baking dish.

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:13.955217340718%

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: 187.09kcal (9.35%), Fat: 11.49g (17.68%), Saturated Fat: 6.27g (39.19%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.51g (2.79%), Cholesterol: 94.79mg (31.6%), Sodium: 148.57mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Selenium: 33.95µg (48.5%), Calcium: 317.67mg (31.77%), Vitamin B12: 1.88µg (31.33%), Phosphorus: 287.59mg (28.76%), Vitamin K: 28.94µg (27.56%), Vitamin B2:

0.29mg (16.96%), Vitamin B3: 3.36mg (16.78%), Vitamin A: 779.04IU (15.58%), Zinc: 2.01mg (13.41%), Iron: 1.84mg (10.24%), Vitamin B6: 0.2mg (9.99%), Folate: 37.82µg (9.46%), Magnesium: 28.82mg (7.2%), Potassium: 243.51mg (6.96%), Vitamin B1: 0.1mg (6.96%), Vitamin E: 0.99mg (6.6%), Copper: 0.13mg (6.56%), Vitamin D: 0.97µg (6.46%), Vitamin B5: 0.64mg (6.35%), Manganese: 0.1mg (4.94%), Fiber: 1.11g (4.44%), Vitamin C: 3.43mg (4.16%)