



Mushroom and Asparagus Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce asparagus spears drained canned
- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 4 ounce water chestnuts drained sliced canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2.8 ounce french-fried onions canned
- ☐ 4 hard-cooked eggs chopped

Equipment

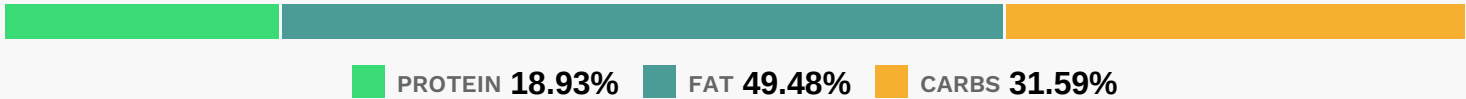
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
- ☐ Arrange asparagus spears in the baking dish.
- ☐ Mix mushroom soup, eggs, mushrooms, water chestnuts, and pimentos in a bowl; pour over the asparagus.
- ☐ Bake in preheated oven for 20 minutes. Top casserole with French-fried onions and continue baking until the onions begin to darken, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:26.046521974647%

Nutrients (% of daily need)

Calories: 324.69kcal (16.23%), Fat: 18.35g (28.23%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 20.33g (7.39%), Sugar: 5.23g (5.81%), Cholesterol: 190.31mg (63.44%), Sodium: 1622.08mg (70.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.59%), Vitamin K: 88.05µg (83.85%), Folate: 230.17µg (57.54%), Vitamin C: 35.86mg (43.47%), Vitamin A: 2007.75IU (40.15%), Manganese: 0.7mg (34.87%), Iron: 5.85mg (32.52%), Vitamin B2: 0.54mg (31.62%), Selenium: 21.65µg (30.93%), Copper: 0.54mg (27.02%), Phosphorus: 245.45mg (24.54%), Fiber: 6.02g (24.08%), Vitamin E: 3.34mg (22.24%), Vitamin B6: 0.43mg (21.49%), Vitamin B3: 3.81mg (19.04%), Zinc: 2.79mg (18.59%), Potassium: 650.01mg (18.57%), Vitamin B5: 1.66mg (16.62%), Vitamin B1: 0.22mg (14.97%), Vitamin B12: 0.68µg (11.28%), Magnesium: 42.37mg (10.59%), Vitamin D: 1.21µg (8.09%), Calcium: 70mg (7%)