



 **10%**
HEALTH SCORE

Neely's Asparagus Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds asparagus cut into 1-inch pieces
- 4 tablespoons butter melted
- 2 tablespoons optional: dill chopped
- 2 eggs
- 1 clove garlic minced
- 1 cup gruyere cheese grated
- 1 cup heavy whipping cream
- 1 medium onion diced finely
- 1.5 cups panko bread crumbs

- 0.3 cup parmesan grated
- 6 servings pepper black freshly ground
- 1 tablespoon paprika smoked
- 1 tablespoon vegetable oil for sauteing

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish

Directions

- Preheat the oven to 350 degrees F.
- Heat the oil in a saute pan over medium-high heat. Stir in the onions and garlic; saute until translucent and fragrant and season with salt and pepper.
- Add the asparagus and saute until just tender.
- Remove from heat and let cool.
- In a small bowl, whisk together the eggs, heavy cream, dill and cheeses.
- In a separate bowl, add panko, paprika and butter.
- Mix well to combine.
- Place asparagus in casserole dish.
- Pour the egg mixture over the asparagus and top with the panko, spreading evenly.
- Place in the preheated oven and bake until casserole is set and the bread crumbs are golden brown, about 20 minutes.

Nutrition Facts

 **PROTEIN 14.09%**  **FAT 68.99%**  **CARBS 16.92%**

Properties

Glycemic Index:38, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:19.80043473451%

Flavonoids

Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.66mg, Quercetin: 19.66mg, Quercetin: 19.66mg, Quercetin: 19.66mg

Nutrients (% of daily need)

Calories: 443.6kcal (22.18%), Fat: 34.84g (53.6%), Saturated Fat: 19.83g (123.92%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 15.42g (5.61%), Sugar: 5.3g (5.88%), Cholesterol: 146.48mg (48.83%), Sodium: 429.16mg (18.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Vitamin K: 56.15µg (53.47%), Vitamin A: 2579.81IU (51.6%), Calcium: 371.35mg (37.13%), Phosphorus: 310.01mg (31%), Vitamin B2: 0.46mg (27.1%), Selenium: 16.54µg (23.63%), Vitamin B1: 0.35mg (23.32%), Folate: 90.56µg (22.64%), Iron: 3.83mg (21.3%), Manganese: 0.39mg (19.55%), Vitamin E: 2.63mg (17.53%), Fiber: 3.81g (15.26%), Copper: 0.29mg (14.72%), Zinc: 2.19mg (14.57%), Vitamin B6: 0.24mg (11.79%), Vitamin B3: 2.32mg (11.62%), Potassium: 397.97mg (11.37%), Vitamin B12: 0.66µg (11.07%), Magnesium: 41.08mg (10.27%), Vitamin C: 8.22mg (9.97%), Vitamin B5: 0.93mg (9.29%), Vitamin D: 1.08µg (7.21%)