

Potato Asparagus Bake

READY IN



65 min.

SERVINGS



10

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh trimmed
- 2 tablespoons butter divided
- 3 tablespoons breadcrumbs dry
- 1 tablespoon flour all-purpose
- 0.8 cup cup heavy whipping cream
- 3 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper
- 1 pound potatoes peeled quartered
- 0.5 teaspoon salt

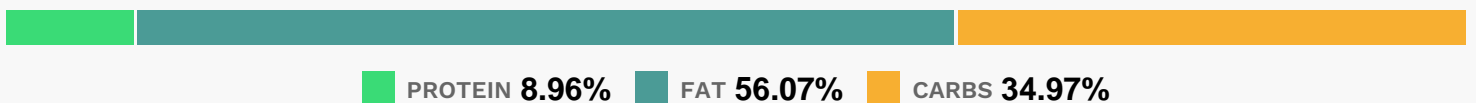
Equipment

- food processor
- sauce pan
- oven
- whisk
- blender
- baking pan

Directions

- Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15–20 minutes or until tender. Meanwhile, cut the tips off asparagus spears; set aside for garnish.
- Cut stalks into 1-in. pieces; place in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 18–20 minutes or until tender.
- Drain asparagus and place in a food processor or blender. Cover and process until pureed; set aside.
- Drain potatoes; mash and set aside.
- In a large saucepan, melt 1 tablespoon butter; whisk in flour until smooth. Gradually stir in cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in asparagus pieced, mashed potatoes, salt and pepper.
- Transfer to a greased shallow 1-1/2 quart baking dish. Top with reserved asparagus tips.
- Melt remaining butter; lightly brush some over top. Toss bread crumbs, Parmesan cheese and remaining butter; sprinkle over casserole.
- Bake, uncovered, at 350° for 25–30 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:6.48, Inflammation Score:-6, Nutrition Score:7.351739116337%

Flavonoids

Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 145.84kcal (7.29%), Fat: 9.38g (14.43%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 11.05g (4.02%), Sugar: 1.92g (2.13%), Cholesterol: 21.48mg (7.16%), Sodium: 199.36mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin K: 20.61µg (19.63%), Vitamin A: 719.62IU (14.39%), Vitamin C: 11.59mg (14.05%), Vitamin B1: 0.14mg (9.36%), Vitamin B6: 0.19mg (9.35%), Manganese: 0.18mg (9.09%), Folate: 36.27µg (9.07%), Potassium: 310.85mg (8.88%), Iron: 1.53mg (8.53%), Fiber: 2.12g (8.47%), Vitamin B2: 0.13mg (7.89%), Phosphorus: 75.79mg (7.58%), Copper: 0.15mg (7.34%), Vitamin B3: 1.18mg (5.89%), Vitamin E: 0.78mg (5.19%), Magnesium: 20.18mg (5.05%), Calcium: 48.11mg (4.81%), Selenium: 3.25µg (4.65%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.33mg (3.32%), Vitamin D: 0.29µg (1.95%), Vitamin B12: 0.06µg (1.04%)