

# Asparagus Casserole II

*"Fruits of the Spirit" (2001) - Claire Wilson  
Grapevine United Methodist Church - Port St. Lucie, FL*

2 cans asparagus, drained  
1 cup Cheddar cheese, shredded  
2 hard-cooked eggs, sliced  
1 can (16 ounce) tiny English peas, drained  
1 cup cream of mushroom soup  
cracker crumbs

Preheat the oven to 350 degrees.

Place the asparagus in a deep, greased casserole dish.

Add the cheese, eggs, peas and soup. Sprinkle crackers generously over the top.

Bake for 25 to 30 minutes.

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Per Serving (excluding unknown items): 748 Calories; 57g Fat (69.3% calories from fat); 44g Protein; 13g Carbohydrate; 1g Dietary Fiber; 545mg Cholesterol; 1860mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 7 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	748	Vitamin B6 (mg):	.3mg
% Calories from Fat:	69.3%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	23.6%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	57g	Folacin (mcg):	110mcg
Saturated Fat (g):	30g	Niacin (mg):	1mg
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	545mg	% Refuse:	0 0%
Carbohydrate (g):	13g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	44g	Lean Meat:	6
Sodium (mg):	1860mg	Vegetable:	1/2
Potassium (mg):	425mg	Fruit:	0

**Calcium (mg):** 921mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 1947IU  
**Vitamin A (r.e.):** 547RE

**Non-Fat Milk:** 0  
**Fat:** 7 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 748                      **Calories from Fat:** 518

### % Daily Values\*

<b>Total Fat</b> 57g	88%
Saturated Fat 30g	148%
<b>Cholesterol</b> 545mg	182%
<b>Sodium</b> 1860mg	78%
<b>Total Carbohydrates</b> 13g	4%
Dietary Fiber 1g	5%
<b>Protein</b> 44g	
<b>Vitamin A</b>	39%
<b>Vitamin C</b>	9%
<b>Calcium</b>	92%
<b>Iron</b>	15%

\* Percent Daily Values are based on a 2000 calorie diet.