

Asparagus Casserole

Suzanne Wade

Gourmet Eating in South Carolina - (1985)

2 cans asparagus spears
1 can asparagus pieces
1 can mushroom soup
2 lemons
salt (to taste)
pepper (to taste)
sliced American cheese
cracker crumbs (saltine or Ritz)

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Preheat the oven to 350 degrees.

Drain the asparagus.

In a bowl, mix together the soup, salt, pepper and lemon juice.

Place half of the asparagus spears and half of the asparagus pieces in the bottom of a greased casserole dish. Pour half of the soup mixture on top. Layer cheese slices over the top. Repeat the layers with the remaining asparagus, soup and cheese.

Crumble crackers and place on top of the casserole. Dot with butter.

Bake for about 30 minutes or until bubbly and brown on top.

Per Serving (excluding unknown items): 160 Calories; 9g Fat (43.5% calories from fat); 4g Protein; 23g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 885mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	160	Vitamin B6 (mg):	.2mg
% Calories from Fat:	43.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	47.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	59mcg

Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	2mg
Carbohydrate (g):	23g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	885mg
Potassium (mg):	356mg
Calcium (mg):	83mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	67mg
Vitamin A (i.u.):	221IU
Vitamin A (r.e.):	22RE

Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 160 **Calories from Fat:** 70

% Daily Values*

Total Fat 9g	14%
Saturated Fat 2g	12%
Cholesterol 2mg	1%
Sodium 885mg	37%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	9%
Protein 4g	
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Vitamin A	4%
Vitamin C	111%
Calcium	8%
Iron	9%

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