

# Asparagus Souffle'

Mrs. Robert D. Ervin - Nashville, TN

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1 can (10-1/2 ounce) cream of mushroom soup

3/4 cup sharp cheese, grated

4 egg yolks, well beaten

4 egg whites, stiffly beaten

Preheat the oven to 300 degrees.

In the top of a double-boiler over hot water, heat the soup and cheese until the cheese is melted. Remove from the heat.

In a bowl, add a little of the soup mixture to the egg yolks, stirring well. Pour all back into the soup and cheese mixture. Allow to cool slightly.

Fold into the beaten egg whites. Pour the mixture into a 1-1/2-quart souffle' dish or straight-sided casserole that has been greased and dusted with flour.

Place the souffle' dish in a pan with one-inch of hot water. Place the pan in the oven.

Bake for one hour.

Serve immediately.

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Per Serving (excluding unknown items): 108 Calories; 7g Fat (62.8% calories from fat); 7g Protein; 3g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 320mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	108	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.8%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	11.2%	Thiamin B1 (mg):	trace

<b>% Calories from Protein:</b>	26.0%
<b>Total Fat (g):</b>	7g
<b>Saturated Fat (g):</b>	2g
<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	2g
<b>Cholesterol (mg):</b>	213mg
<b>Carbohydrate (g):</b>	3g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	7g
<b>Sodium (mg):</b>	320mg
<b>Potassium (mg):</b>	88mg
<b>Calcium (mg):</b>	36mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	323IU
<b>Vitamin A (r.e.):</b>	97RE

<b>Riboflavin B2 (mg):</b>	.3mg
<b>Folacin (mcg):</b>	26mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n.n%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

<b>Calories</b> 108	Calories from Fat: 68
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### % Daily Values\*

<b>Total Fat</b> 7g	11%
Saturated Fat 2g	11%
<b>Cholesterol</b> 213mg	71%
<b>Sodium</b> 320mg	13%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber trace	0%
<b>Protein</b> 7g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	0%
<b>Calcium</b>	4%
<b>Iron</b>	4%

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