

Asparagus Sour Cream

Mrs. Henry W. Barber Jr

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

Servings: 6

2 cans (10-1/2 ounce ea) asparagus
spears, drained
8 ounces sour cream
1/4 cup mayonnaise
juice of one lemon
1/4 cup bread crumbs
2 tablespoons margarine, melted
paprika

Preheat the oven to 325 degrees.

Place the asparagus in a shallow 1-1/2-quart
casserole dish.

In a saucepan, combine and heat the sour
cream, mayonnaise and lemon juice. Pour over
the asparagus.

Toss the bread crumbs in the margarine.
Sprinkle the crumbs and paprika over the sauce.

Bake for 20 minutes or until bubbly.

Per Serving (excluding unknown
items): 200 Calories; 20g Fat
(86.1% calories from fat); 2g
Protein; 5g Carbohydrate; trace
Dietary Fiber; 20mg Cholesterol;
156mg Sodium. Exchanges: 0
Grain(Starch); 0 Vegetable; 0 Non-
Fat Milk; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	200
% Calories from Fat:	86.1%
% Calories from Carbohydrates:	10.0%
% Calories from Protein:	3.9%
Total Fat (g):	20g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	20mg
Carbohydrate (g):	5g
	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	17mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 2g
Sodium (mg): 156mg
Potassium (mg): 84mg
Calcium (mg): 58mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 524IU
Vitamin A (r.e.): 135 1/2RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 200 **Calories from Fat:** 172

% Daily Values*

Total Fat 20g	30%
Saturated Fat 7g	34%
Cholesterol 20mg	7%
Sodium 156mg	6%
Total Carbohydrates 5g	2%
Dietary Fiber trace	1%
Protein 2g	

Vitamin A	10%
Vitamin C	2%
Calcium	6%
Iron	2%

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