

Easy Asparagus Casserole

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-casserole-southern-living-recipe>

Ingredients:

- 2 pounds asparagus trimmed and cut into 2-inch pieces
- 1/2 cup mayonnaise
- 6 ounces sharp cheddar cheese grated
- 1/2 onion diced
- 2 tablespoons flour
- 2 cloves garlic minced
- 1 cup milk
- salt
- pepper
- 15 Ritz Crackers or similar, crushed

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 6 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams

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