



 **8%**
HEALTH SCORE

Asparagus and Asiago Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 5 eggs
- 0.8 pound asparagus washed trimmed cut into 1-inch pieces thin
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1.5 tablespoons cup heavy whipping cream
- 1 tablespoon thyme sprigs fresh divided chopped
- 1 garlic clove minced
- 0.3 teaspoon salt

- 0.3 teaspoon pepper black
- 3 ounces asiago cheese sliced thin
- 4 asparagus sliced in half, and 6, 4-inch asparagus spears for garnish

Equipment

- bowl
- frying pan
- oven
- whisk
- broiler
- spatula

Directions

- In a large bowl, combine the eggs, whipping cream, salt, pepper, and half the fresh thyme. Beat with a whisk until the eggs and cream are incorporated.
- In an ovenproof saut pan over medium heat, add the butter and olive oil. When the mixture is hot, add the asparagus pieces and cook for 3–4 minutes, stirring.
- Add the garlic and cook for about a minute.
- Spread the asparagus so it is evenly distributed across the bottom of the pan.
- Add the egg mixture to the pan and allow the eggs to cook without mixing them. Use a rubber spatula to run around the edges of the frittata as it cooks so the edges dont stick and burn. After 1–2 minutes, add the cheese evenly to the egg mixture.
- When the outer edges of the frittata have set but the center is still slightly runny, arrange the cherry tomatoes and asparagus spears on the top of the frittata, sprinkle the remaining thyme over the top, then remove the pan from the heat and place it in an oven set to broil.
- The broiler will allow the top portion of the egg mixture to set and cook thoroughly. Keep a close watch so the frittata doesnt burn.
- After a few minutes, when the eggs have set completely and begin to turn golden, carefully remove the pan from the oven.
- Use a rubber spatula to run around the edges and underside of the frittata, and slide it onto a round serving plate.

Slice and serve warm or at room temperature.

Nutrition Facts

PROTEIN 25.78% **FAT 65.3%** **CARBS 8.92%**

Properties

Glycemic Index:62, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:17.12347826087%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 5.76mg, Isorhamnetin: 5.76mg, Isorhamnetin: 5.76mg, Isorhamnetin: 5.76mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg

Taste

Sweetness: 55.66%, Saltiness: 94.17%, Sourness: 15.14%, Bitterness: 8.45%, Savoriness: 55.88%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 260.57kcal (13.03%), Fat: 19.25g (29.62%), Saturated Fat: 8.84g (55.23%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.45g (2.72%), Cholesterol: 232.94mg (77.65%), Sodium: 590.49mg (25.67%), Protein: 17.1g (34.2%), Vitamin K: 45.31µg (43.15%), Selenium: 24.31µg (34.73%), Calcium: 320.47mg (32.05%), Phosphorus: 316.31mg (31.63%), Vitamin A: 1481.03IU (29.62%), Vitamin B2: 0.49mg (28.56%), Iron: 3.66mg (20.32%), Folate: 81.04µg (20.26%), Vitamin E: 2.4mg (16.03%), Vitamin B12: 0.76µg (12.66%), Zinc: 1.9mg (12.66%), Copper: 0.25mg (12.59%), Vitamin B5: 1.25mg (12.48%), Manganese: 0.24mg (11.92%), Vitamin B1: 0.18mg (11.9%), Vitamin B6: 0.22mg (11.13%), Vitamin C: 8.73mg (10.58%), Fiber: 2.41g (9.66%), Potassium: 321.15mg (9.18%), Vitamin D: 1.3µg (8.64%), Magnesium: 33.77mg (8.44%), Vitamin B3: 1.13mg (5.65%)