



Asparagus and Bok-Choy Frittata



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.8 pound asparagus cut into 1-inch pieces
- ☐ 0.8 pound bok choy cut into 1-inch pieces
- ☐ 2 tablespoons cooking oil
- ☐ 9 eggs beaten
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.8 teaspoon salt

- ☐ 3 scallions including tops green sliced thin
- ☐ 1 teaspoon asian sesame oil

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oven to 32
- ☐ In a medium cast-iron or ovenproof nonstick frying pan, heat the cooking oil over moderate heat.
- ☐ Add the scallions, ginger, and garlic and cook, stirring, until fragrant, about 30 seconds.
- ☐ Add the bok choy and cook, stirring, until the leaves wilt, about 2 minutes.
- ☐ Add the asparagus and 1/2 teaspoon of the salt and continue to cook, stirring occasionally, until the vegetables are almost tender, about 3 minutes more.
- ☐ Evenly distribute the vegetables in the pan and then add the eggs, pepper, and the remaining 1/4 teaspoon of salt. Cook the frittata, without stirring, until the edges start to set, about 2 minutes.
- ☐ Put the frittata in the oven and bake until firm, about 25 minutes.
- ☐ Drizzle the sesame oil over the top.
- ☐ Wine Recommendation: South Africa is one of the so-called New World wine countries, along with Australia, New Zealand, and the Americas, but its wines best reflect the balance of the European tradition. A South African chardonnay will make a marvelous partner for this Italian-inspired dish.
- ☐ Notes: If you've been avoiding eggs for fear of their high cholesterol content, there's good news: The latest scientific research shows overwhelming evidence that saturated fat, not dietary cholesterol, is what can affect blood cholesterol. Eggs are nutrient dense. In fact, they're the highest-quality source of protein available (after mother's milk) and they're even low in calories (seventy-five per large egg). So for almost everyone, eating an egg or two every day is perfectly fine.

Nutrition Facts



 PROTEIN **25.3%**  FAT **63.61%**  CARBS **11.09%**

Properties

Glycemic Index:35.25, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:27.497825850611%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg

Nutrients (% of daily need)

Calories: 245.07kcal (12.25%), Fat: 17.72g (27.25%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.2g (3.55%), Cholesterol: 368.28mg (122.76%), Sodium: 635.25mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.71%), Vitamin A: 5068.02IU (101.36%), Vitamin K: 98.35µg (93.67%), Vitamin C: 44.99mg (54.53%), Selenium: 32.95µg (47.07%), Folate: 152.75µg (38.19%), Vitamin B2: 0.64mg (37.66%), Phosphorus: 276.56mg (27.66%), Iron: 4.4mg (24.43%), Vitamin E: 3.37mg (22.46%), Vitamin B6: 0.43mg (21.33%), Vitamin B5: 1.84mg (18.4%), Calcium: 173.89mg (17.39%), Manganese: 0.34mg (17.12%), Potassium: 554.41mg (15.84%), Vitamin B12: 0.88µg (14.69%), Vitamin B1: 0.2mg (13.46%), Vitamin D: 1.98µg (13.2%), Copper: 0.26mg (13.14%), Zinc: 1.95mg (12.97%), Fiber: 2.93g (11.71%), Magnesium: 42.37mg (10.59%), Vitamin B3: 1.39mg (6.94%)