



Asparagus and Fresh Pea Frittata with Tomato-Basil Concasse

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 spears asparagus trimmed cut into 1/2-inch pieces
- ☐ 4 basil leaves cut into chiffonade
- ☐ 6 basil leaves cut into chiffonade
- ☐ 8 large eggs
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup defrosted peas fresh frozen
- ☐ 8 plum tomatoes peeled seeded coarsely chopped
- ☐ 3 tablespoons romano cheese grated
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 shallots diced finely
- ☐ 2 tablespoons water

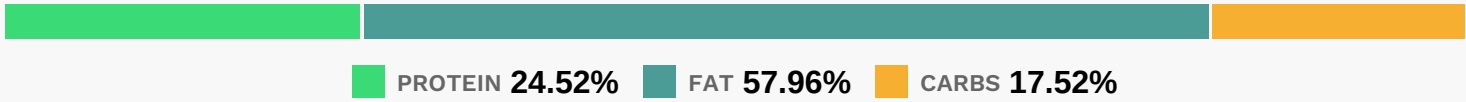
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Mix all the tomato-basil concasse ingredients together and set aside.
- ☐ Preheat oven to 400 degrees F.
- ☐ Heat olive oil in a large saute pan over high heat.
- ☐ Whisk together the eggs, water, cheese, asparagus, peas, parsley and basil until combined and season with salt and pepper to taste.
- ☐ Pour the egg mixture into the pan and cook until the bottom is golden brown and set.
- ☐ Place in the oven and cook until the frittata is cooked through.
- ☐ Serve at room temperature with the Tomato Concasse.

Nutrition Facts



Properties

Glycemic Index:67.56, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:15.43869557588%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 183.07kcal (9.15%), Fat: 11.95g (18.39%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 5.62g (2.04%), Sugar: 4.21g (4.67%), Cholesterol: 250.6mg (83.53%), Sodium: 326.22mg (14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.76%), Vitamin K: 57.27µg (54.54%), Selenium: 21.72µg (31.03%), Vitamin A: 1517.28IU (30.35%), Vitamin C: 20.96mg (25.4%), Vitamin B2: 0.38mg (22.38%), Phosphorus: 202.44mg (20.24%), Folate: 69.21µg (17.3%), Vitamin E: 2.11mg (14.04%), Vitamin B6: 0.26mg (12.98%), Iron: 2.33mg (12.97%), Manganese: 0.25mg (12.67%), Vitamin B5: 1.22mg (12.15%), Potassium: 406.95mg (11.63%), Vitamin B12: 0.62µg (10.36%), Fiber: 2.51g (10.03%), Zinc: 1.4mg (9.32%), Vitamin D: 1.35µg (8.97%), Calcium: 89.03mg (8.9%), Copper: 0.18mg (8.79%), Vitamin B1: 0.13mg (8.59%), Magnesium: 28.62mg (7.16%), Vitamin B3: 1.06mg (5.29%)