



Asparagus and Goat Cheese Frittata

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 cups asparagus chopped
- 7 large eggs
- 3 ounces goat cheese crumbled
- 0.5 onion diced finely
- 4 servings salt and pepper
- 1 tablespoon butter unsalted

Equipment

- bowl

- frying pan
- oven
- whisk
- broiler

Directions

- In an 8-inch ovenproof nonstick skillet or cast-iron pan, melt butter over medium heat.
- Add onion and cook, stirring occasionally, until translucent, about 4 minutes.
- Add asparagus, sprinkle with salt and pepper and cook, stirring occasionally, until just tender, about 6 minutes longer.
- Preheat broiler to high. In a medium bowl, whisk together eggs; season with additional salt and pepper.
- Pour eggs over onion-asparagus mixture, stir to combine, then dot surface with goat cheese. Cook, without stirring, until eggs are set on bottom and beginning to set on top, about 5 minutes.
- Transfer skillet to oven and broil, 4 to 5 inches from heating element, until eggs are completely set and beginning to brown, 2 to 3 minutes.
- Cut into wedges and serve hot or at room temperature.

Nutrition Facts

PROTEIN 29.39% **FAT 62.62%** **CARBS 7.99%**

Properties

Glycemic Index:14.75, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:15.316086852032%

Flavonoids

Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

Nutrients (% of daily need)

Calories: 225.25kcal (11.26%), Fat: 15.74g (24.21%), Saturated Fat: 7.67g (47.93%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.88g (1.05%), Sugar: 2.36g (2.62%), Cholesterol: 342.81mg (114.27%), Sodium: 398.56mg (17.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Selenium: 29.1µg (41.58%), Vitamin B2: 0.58mg (34.12%), Vitamin K: 28.82µg (27.44%), Phosphorus: 267.35mg (26.73%), Vitamin A: 1286.4IU (25.73%), Folate: 81.23µg (20.31%), Iron: 3.4mg (18.89%), Copper: 0.35mg (17.57%), Vitamin B5: 1.69mg (16.9%), Vitamin B6: 0.28mg (13.97%), Vitamin B12: 0.83µg (13.75%), Vitamin D: 1.89µg (12.58%), Vitamin E: 1.8mg (11.99%), Zinc: 1.71mg (11.42%), Vitamin B1: 0.15mg (10.15%), Calcium: 98.97mg (9.9%), Manganese: 0.17mg (8.5%), Potassium: 282.57mg (8.07%), Fiber: 1.64g (6.56%), Magnesium: 24.73mg (6.18%), Vitamin C: 4.77mg (5.78%), Vitamin B3: 0.83mg (4.15%)