



Asparagus-and-Mushroom Frittata

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 ounces asparagus trimmed cut into 1 1/2-inch pieces
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons chives dried chopped
- 3 large egg whites
- 2 large eggs
- 2 tablespoons parsley fresh chopped
- 4 ounce pre exotic mushroom blend
- 1 tablespoon olive oil divided

- 0.5 cup pecorino romano cheese shredded divided
- 0.3 teaspoon salt

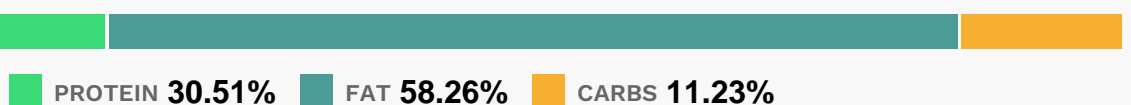
Equipment

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

Directions

- Arrange oven rack 6 inches from the broiler. Preheat broiler to high.
- Heat 2 teaspoons of the olive oil in an 8-inch, ovenproof, nonstick skillet over high heat.
- Add the mushrooms and cook, 2 minutes, stirring frequently. Reduce the heat to medium-high and add the asparagus. Cook in skillet for 2 minutes more.
- While the mushrooms are cooking, whisk together the eggs, egg whites, chives, parsley, salt, pepper, and 1/4 cup of the cheese in a medium bowl.
- Add the remaining teaspoon oil to the pan, stirring the vegetables to coat.
- Pour the egg mixture over the mushrooms and asparagus and reduce heat to medium-low. Cook for 1 1/2 minutes, running a rubber spatula around the edges of the pan to keep the eggs from sticking.
- Sprinkle the remaining 1/4 cup cheese over the egg mixture and broil it for 2 1/3 minutes or until frittata is golden brown and lightly puffed.
- Remove the frittata from the skillet, cut into 4 pieces, and serve it immediately.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:10.862608743751%

Flavonoids

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: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 144.59kcal (7.23%), Fat: 9.48g (14.59%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 2.68g (0.98%), Sugar: 1.59g (1.76%), Cholesterol: 106mg (35.33%), Sodium: 376.33mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Vitamin K: 47.26µg (45%), Selenium: 16.72µg (23.89%), Vitamin B2: 0.37mg (22.02%), Phosphorus: 196.58mg (19.66%), Calcium: 160.36mg (16.04%), Vitamin A: 638.66IU (12.77%), Vitamin B5: 1mg (9.98%), Folate: 35.21µg (8.8%), Vitamin B6: 0.17mg (8.37%), Iron: 1.45mg (8.07%), Vitamin E: 1.13mg (7.55%), Zinc: 1.13mg (7.51%), Vitamin B3: 1.46mg (7.32%), Manganese: 0.14mg (7.15%), Potassium: 244.81mg (6.99%), Vitamin B12: 0.38µg (6.41%), Copper: 0.13mg (6.34%), Vitamin C: 4.91mg (5.95%), Fiber: 1.43g (5.71%), Magnesium: 22.34mg (5.59%), Vitamin D: 0.68µg (4.51%), Vitamin B1: 0.06mg (4.21%)