



Asparagus and Smoked Trout Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounces asparagus trimmed cut into 1-inch pieces thin
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon canola oil
- 4 large egg whites
- 4 large eggs
- 1.5 teaspoons optional: dill fresh chopped
- 0.5 cup green onions minced
- 1 tablespoon milk 2% reduced-fat

- 1 ounce parmigiano-reggiano cheese fresh divided grated
- 0.1 teaspoon salt
- 4 ounces trout smoked flaked

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- broiler

Directions

- Preheat oven to 45
- Cook asparagus in a large saucepan of boiling water 2 minutes.
- Drain and plunge asparagus into ice water; drain and pat dry.
- Combine milk and next 4 ingredients (through egg whites) in a medium bowl, stirring with a whisk. Stir in asparagus, 2 tablespoons cheese, dill, and trout.
- Heat a 10-inch ovenproof skillet over medium heat. Coat pan with cooking spray.
- Add oil and onions to pan; cook 1 minute, stirring occasionally.
- Pour egg mixture into pan; stir once. Cook without stirring for 2 minutes or until edges begin to set.
- Place pan in oven.
- Bake at 450 for 8 minutes or until eggs are just set.
- Remove from oven; sprinkle evenly with remaining 2 tablespoons cheese.
- Preheat broiler.
- Broil frittata 2 minutes or until lightly browned.
- Remove from oven; let stand 5 minutes.
- Cut into 8 wedges.

Nutrition Facts

PROTEIN 44.86% FAT 45.76% CARBS 9.38%

Properties

Glycemic Index:34.5, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:16.173913209335%

Flavonoids

Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 180.53kcal (9.03%), Fat: 9.12g (14.04%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.02g (2.25%), Cholesterol: 221.17mg (73.72%), Sodium: 337.91mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.26%), Selenium: 38.29µg (54.7%), Vitamin K: 50.66µg (48.25%), Vitamin B2: 0.55mg (32.52%), Phosphorus: 281.92mg (28.19%), Vitamin B12: 1.56µg (26.01%), Vitamin A: 918.63IU (18.37%), Folate: 64.77µg (16.19%), Calcium: 148.25mg (14.82%), Vitamin B6: 0.29mg (14.26%), Iron: 2.47mg (13.74%), Vitamin B5: 1.29mg (12.87%), Potassium: 409.43mg (11.7%), Vitamin E: 1.43mg (9.52%), Zinc: 1.39mg (9.26%), Vitamin B1: 0.13mg (8.88%), Copper: 0.18mg (8.81%), Magnesium: 35.17mg (8.79%), Vitamin B3: 1.55mg (7.73%), Manganese: 0.15mg (7.56%), Vitamin D: 1.04µg (6.9%), Vitamin C: 5.56mg (6.74%), Fiber: 1.55g (6.19%)