



 **19%**
HEALTH SCORE

Asparagus and Sun-Dried Tomato Frittata

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 lb extra tofu firm
- 1 tablespoon soya sauce
- 1 teaspoon dijon mustard yellow fine (will work if you like that better)
- 0.3 cup nutritional yeast
- 2 teaspoons olive oil
- 0.5 cup onion cut into 1/4-inch dice
- 3 stalks asparagus cut into bite-sized pieces
- 0.3 cup sun-dried olives packed in oil, finely chopped

- 2 garlic clove minced
- 1 teaspoon thyme dried
- 0.3 teaspoon turmeric
- 0.5 juice of lemon
- 0.3 cup basil fresh

Equipment

- frying pan
- oven
- mixing bowl
- broiler
- cake server

Directions

- preheat oven to 400°F
- in a mixing bowl, crumble the tofu and squeeze through your fingers until it resembles ricotta cheese. this should take about a minute.
- mix in the soy sauce and mustard.
- add the nutritional yeast and combine well. set aside.
- in a small (8-inch) skillet, saute the onions in the olive oil for 2 minutes.
- add the asparagus and sun-dried tomatoes, saute for 3 more minutes.
- add the garlic and thyme and turmeric, saute for 1 minute.
- add the lemon juice to deglaze the pan; turn off the heat.
- transfer the onion mixture to the tofu mixture and combine well.
- fold in the basil leaves.
- transfer back to the skillet and press the mixture firmly in place.
- cook in the oven at 400F for 20 minute.
- transfer to the broiler to brown the top, about two minutes (keep a close on it so it doesn't burn).

- let the frittata sit for 10 minute before serving.
- cut into 4 slices and lift each piece with a pie server to prevent it from falling apart. if it does crumble a bit, it's ok, just put it back into shape.

Nutrition Facts

PROTEIN 35.9%

FAT 31.21%

CARBS 32.89%

Properties

Glycemic Index:60.25, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:8.2765218071316%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 126.5kcal (6.32%), Fat: 4.61g (7.1%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 8.42g (3.06%), Sugar: 5g (5.55%), Cholesterol: 0mg (0%), Sodium: 345.53mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.87%), Vitamin K: 19.8µg (18.86%), Copper: 0.38mg (18.78%), Iron: 3.01mg (16.74%), Phosphorus: 161.39mg (16.14%), Potassium: 549.81mg (15.71%), Manganese: 0.27mg (13.58%), Magnesium: 52.39mg (13.1%), Vitamin B1: 0.16mg (10.88%), Fiber: 2.51g (10.06%), Vitamin C: 7.2mg (8.73%), Zinc: 1mg (6.64%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.11mg (6.28%), Calcium: 62.45mg (6.25%), Vitamin B6: 0.11mg (5.32%), Vitamin A: 241.08IU (4.82%), Folate: 18.16µg (4.54%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.24mg (2.39%), Selenium: 1.45µg (2.08%)