



Asparagus, Canadian Bacon, and Cheese Frittata: Low Carb

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 ounces asparagus stalks trimmed cut into 1/2-inch pieces 8
- ☐ 2 servings pepper black freshly ground
- ☐ 2 ounces canadian bacon coarsely chopped
- ☐ 5 large eggs
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 teaspoon lemon zest freshly grated
- ☐ 2 tablespoons milk

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 tablespoons parmesan freshly grated

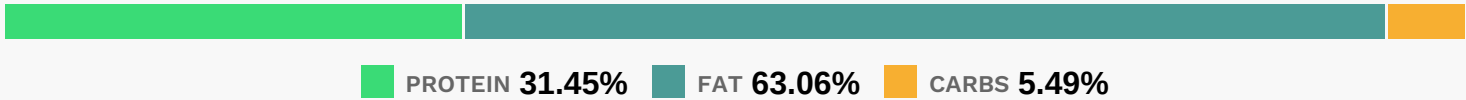
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Position an oven rack in the upper part of the oven and preheat the broiler.
- ☐ Whisk the eggs, 3 tablespoons of the cheese, the milk, lemon zest, salt, and pepper to taste together in a bowl.
- ☐ Heat the olive oil in an 8-inch nonstick skillet over medium heat.
- ☐ Add the asparagus and Canadian bacon, and cook until the asparagus is crisp-tender, about 4 minutes. Reduce heat to low, pour the egg mixture into the skillet, stirring gently to distribute the fillings evenly. Cover, and cook until the bottom sets, but does not get too brown, about 9 minutes.
- ☐ Remove the cover, scatter the remaining 1 tablespoon of cheese over the surface. Run the frittata under the broiler until the top sets and browns slightly, about 1 minute. Set aside for about 5 minutes before unmolding. Slip the frittata out of the pan onto a cutting board, cut into wedges.
- ☐ Serve warm or room temperature.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:21.23217404407%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 345.05kcal (17.25%), Fat: 24g (36.92%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.34g (2.6%), Cholesterol: 487.77mg (162.59%), Sodium: 1763.73mg (76.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.86%), Selenium: 49.31µg (70.44%), Vitamin B2: 0.75mg (44.37%), Phosphorus: 430.61mg (43.06%), Vitamin K: 28.55µg (27.19%), Vitamin B12: 1.5µg (25.06%), Vitamin A: 1206.72IU (24.13%), Vitamin B1: 0.36mg (23.77%), Vitamin D: 3.51µg (23.39%), Vitamin B5: 2.32mg (23.22%), Folate: 90.12µg (22.53%), Calcium: 224.29mg (22.43%), Iron: 3.74mg (20.76%), Vitamin E: 3.05mg (20.35%), Vitamin B6: 0.39mg (19.68%), Zinc: 2.65mg (17.69%), Vitamin B3: 2.46mg (12.3%), Potassium: 418.29mg (11.95%), Copper: 0.22mg (10.79%), Magnesium: 34.2mg (8.55%), Manganese: 0.15mg (7.47%), Fiber: 1.24g (4.97%), Vitamin C: 3.5mg (4.24%)