



## Asparagus Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 pound asparagus fresh thin
- 2 tablespoons butter
- 12 large eggs
- 1 garlic clove minced
- 4 oz gouda cheese shredded
- 0.5 teaspoon kosher salt
- 1 small onion coarsely chopped
- 0.3 cup parmesan cheese freshly grated

- 0.8 teaspoon pepper freshly ground
- 0.5 cup cup heavy whipping cream sour

## Equipment

- frying pan
- oven
- whisk

## Directions

- Preheat oven to 350 with oven rack 6 inches from top of heat source. Snap off and discard tough ends of asparagus.
- Cut asparagus diagonally into 1-inch pieces. Melt butter in a 10-inch ovenproof skillet over medium-high heat; add onion, and saut 3 to 4 minutes or until onion is tender.
- Add asparagus; saut 3 to 4 minutes or until tender.
- Add garlic, and saut 1 minute.
- Whisk together eggs and next 3 ingredients until well blended. Stir in 3/4 cup Gouda cheese. Fold egg mixture into vegetable mixture in skillet. Cook, stirring occasionally, 2 to 3 minutes or until almost set.
- Sprinkle with Parmesan cheese and remaining 1/4 cup Gouda cheese.
- Bake at 350 for 5 minutes or until set. Increase oven temperature to broil, and broil 3 to 4 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:18.943478252577%

## Flavonoids

Isorhamnetin: 4.89mg, Isorhamnetin: 4.89mg, Isorhamnetin: 4.89mg, Isorhamnetin: 4.89mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg

## Nutrients (% of daily need)

Calories: 320.39kcal (16.02%), Fat: 23.47g (36.11%), Saturated Fat: 11.48g (71.72%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.37g (3.75%), Cholesterol: 418.51mg (139.5%), Sodium: 601.56mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.79%), Selenium: 37.54µg (53.62%), Vitamin B2: 0.68mg (39.94%), Phosphorus: 387.15mg (38.72%), Vitamin K: 33.33µg (31.75%), Vitamin A: 1491.65IU (29.83%), Calcium: 268.57mg (26.86%), Folate: 94.09µg (23.52%), Vitamin B12: 1.29µg (21.42%), Iron: 3.51mg (19.47%), Vitamin B5: 1.91mg (19.08%), Zinc: 2.71mg (18.08%), Vitamin E: 2.16mg (14.38%), Vitamin B6: 0.29mg (14.31%), Vitamin D: 2.12µg (14.1%), Copper: 0.24mg (11.82%), Vitamin B1: 0.17mg (11.04%), Manganese: 0.21mg (10.55%), Potassium: 368.72mg (10.53%), Magnesium: 33.26mg (8.31%), Fiber: 1.86g (7.44%), Vitamin C: 5.43mg (6.58%), Vitamin B3: 0.87mg (4.35%)