



Asparagus Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 pound asparagus
- 4 large eggs lightly beaten
- 2 teaspoons olive oil
- 1 small onion thinly sliced
- 0.5 teaspoon salt
- 1 cup swiss cheese shredded

Equipment

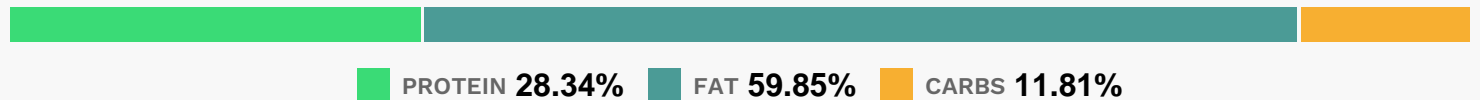
- frying pan

broiler

Directions

- Preheat broiler.
- Pour olive oil into a 10-inch ovenproof frying pan over medium-high heat.
- Add onion and salt and stir until onion is softened but not browned, about 3 minutes.
- Add asparagus, reduce heat to medium-low, and cook, covered, until asparagus is barely tender, 6 to 8 minutes.
- Pour in eggs and cook until almost set but still runny on top, about 2 minutes.
- Sprinkle cheese over eggs and broil until cheese is melted and browned, 3 to 4 minutes. Slide frittata onto a serving platter and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:11.752608838289%

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 Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg

Nutrients (% of daily need)

Calories: 149.98kcal (7.5%), Fat: 10.19g (15.67%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.74g (0.99%), Sugar: 2.04g (2.27%), Cholesterol: 140.74mg (46.91%), Sodium: 276.43mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Vitamin K: 32.65µg (31.1%), Selenium: 17.45µg (24.93%), Phosphorus: 212.01mg (21.2%), Calcium: 199.83mg (19.98%), Vitamin B2: 0.32mg (18.62%), Vitamin A: 901.16IU (18.02%), Folate: 58.81µg (14.7%), Vitamin B12: 0.84µg (14%), Iron: 2.26mg (12.55%), Zinc: 1.65mg (10.97%), Vitamin E: 1.51mg (10.04%), Copper: 0.18mg (9%), Vitamin B1: 0.13mg (8.59%), Vitamin B5: 0.81mg (8.1%), Vitamin B6: 0.15mg (7.6%), Manganese: 0.15mg (7.26%), Fiber: 1.79g (7.14%), Potassium: 228.58mg (6.53%), Vitamin C: 5.1mg (6.18%), Magnesium: 21.7mg (5.42%), Vitamin D: 0.67µg (4.44%), Vitamin B3: 0.79mg (3.94%)