



Asparagus Frittata

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.7 pound asparagus fresh trimmed cut into 1-inch pieces
- 1.5 cups egg substitute
- 2 tablespoons parsley fresh minced
- 0.3 cup cheddar cheese shredded reduced-fat
- 2 teaspoons olive oil
- 1 medium onion chopped
- 5 tablespoons parmesan shredded divided
- 0.1 teaspoon pepper

0.3 teaspoon salt

Equipment

bowl

frying pan

sauce pan

whisk

broiler

Directions

Preheat broiler. In a large saucepan, bring 4 cups water to a boil.

Add asparagus; cook, uncovered, 2-4 minutes or just until crisp-tender.

Drain asparagus and immediately drop into ice water.

Drain and pat dry.

In a small bowl, whisk egg substitute, 3 tablespoons Parmesan cheese, salt and pepper.

In a 10-in. ovenproof skillet, heat oil over medium-high heat.

Add onion; cook and stir until tender. Stir in asparagus and parsley.

Pour in egg mixture. Reduce heat to medium; cook, covered, 8-10 minutes or until eggs are nearly set. Uncover; sprinkle with remaining Parmesan cheese.

Broil 5-6 in. from heat 2-3 minutes or until eggs are completely set.

Sprinkle with cheddar cheese.

Cut into quarters.

Nutrition Facts



PROTEIN 46.34% FAT 29.53% CARBS 24.13%

Properties

Glycemic Index:37.5, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:17.345217248668%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg

Nutrients (% of daily need)

Calories: 124.59kcal (6.23%), Fat: 4.24g (6.53%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 5.67g (2.06%), Sugar: 4.49g (4.99%), Cholesterol: 5.73mg (1.91%), Sodium: 471.57mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.97%), Vitamin K: 65.99µg (62.85%), Selenium: 41.48µg (59.26%), Vitamin B2: 0.5mg (29.4%), Iron: 3.68mg (20.45%), Vitamin A: 1006.83IU (20.14%), Calcium: 196.62mg (19.66%), Phosphorus: 190.9mg (19.09%), Vitamin B5: 1.79mg (17.85%), Vitamin E: 2.61mg (17.42%), Folate: 63.2µg (15.8%), Vitamin B1: 0.23mg (15.59%), Potassium: 406.93mg (11.63%), Vitamin B6: 0.23mg (11.62%), Vitamin C: 9.38mg (11.37%), Zinc: 1.66mg (11.07%), Vitamin D: 1.48µg (9.86%), Copper: 0.18mg (9.04%), Manganese: 0.17mg (8.68%), Fiber: 2.14g (8.55%), Magnesium: 31.82mg (7.96%), Vitamin B12: 0.42µg (6.93%), Vitamin B3: 0.94mg (4.72%)