



Asparagus Frittata



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup shallots sliced
- ☐ 1 pound spear asparagus thin
- ☐ 6 large eggs
- ☐ 0.8 cup ricotta cheese (can sub cottage cheese)
- ☐ 0.5 teaspoon salt
- ☐ 1 Tbsp chives fresh minced
- ☐ 0.3 teaspoon tarragon dried

☐ 1 cup swiss cheese shredded italian (can sub an blend)

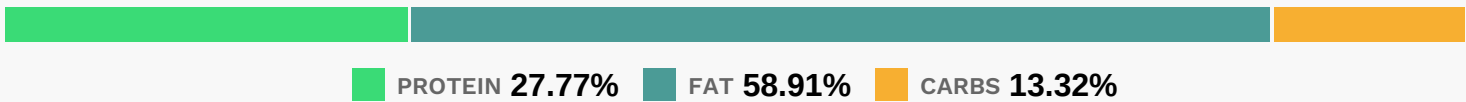
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ oven mitt

Directions

- ☐ Heat butter into a 10-inch oven-proof frying pan over medium heat.
- ☐ Add shallots and cook, stirring occasionally, until they soften and turn translucent, about 3 minutes.
- ☐ Add asparagus and cook for an additional 3 minutes.
- ☐ Add egg mixture: Beat the eggs, ricotta cheese together, and salt, stir in the chives and tarragon.
- ☐ Pour the egg mixture into the pan and cook until almost set, but still runny on top, about 4 to 5 minutes. While cooking, pre-heat oven broiler.
- ☐ Top with cheese and broil:
- ☐ Sprinkle Gruyere cheese over the eggs and put in oven to broil until cheese is melted and browned, and the center is set, about 6 to 8 minutes.
- ☐ Remove pan from oven with oven mitts and slide frittata onto a serving plate.
- ☐ Cut into wedges. (Be very careful with the hot pan handle! I usually ice down the handle of any long handled pan I take out of the oven so that no one mistakenly tries to pick up the pan by the hot handle.)

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:22.748260912688%

Flavonoids

Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 346.7kcal (17.34%), Fat: 23.05g (35.47%), Saturated Fat: 11.59g (72.43%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 8.37g (3.04%), Sugar: 5.81g (6.45%), Cholesterol: 325.85mg (108.62%), Sodium: 577.85mg (25.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Selenium: 38.02µg (54.31%), Vitamin K: 50.1µg (47.71%), Phosphorus: 445.3mg (44.53%), Vitamin B2: 0.66mg (38.79%), Calcium: 357.11mg (35.71%), Vitamin A: 1755.52IU (35.11%), Folate: 112.77µg (28.19%), Vitamin B12: 1.66µg (27.74%), Iron: 4.21mg (23.41%), Zinc: 3.05mg (20.34%), Vitamin B5: 1.89mg (18.92%), Vitamin B6: 0.37mg (18.7%), Vitamin E: 2.44mg (16.25%), Copper: 0.32mg (16.09%), Manganese: 0.3mg (15.12%), Vitamin B1: 0.22mg (14.98%), Potassium: 499.19mg (14.26%), Fiber: 3.36g (13.42%), Vitamin C: 9.21mg (11.17%), Magnesium: 44.04mg (11.01%), Vitamin D: 1.64µg (10.96%), Vitamin B3: 1.3mg (6.49%)