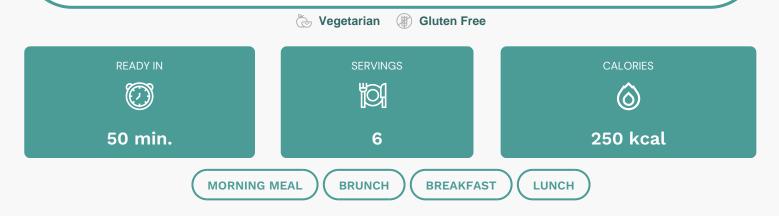


Asparagus Frittata with Horseradish Sour Cream



Ingredients

8 ounces asparagus ends trimmed cut into 1-inch pieces
O.5 teaspoon pepper black freshly ground plus more for seasoning
10 large eggs
6 servings chives fresh finely chopped for serving
3 tablespoons horseradish prepared
1 teaspoon kosher salt plus more for seasoning
1 pinch nutmeg freshly grated

	2 tablespoons olive oil
	1 tablespoon flat parsley italian finely chopped
	0.3 cup cheddar cheese shredded white
	0.5 cup cream sour
	0.3 cup milk whole
	1 medium onion yellow
Equipment	
	bowl
	frying pan
	oven
	whisk
	wire rack
	spatula
	cutting board
Directions	
	Heat the oven to 400°F and arrange a rack in the middle.
	Heat the oil in a large oven-safe nonstick frying pan over medium heat until shimmering.
	Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened and lightly browned, about 5 minutes.
	Add the asparagus, season with salt and pepper, and cook, stirring occasionally, until the asparagus is crisp-tender, about 5 to 6 minutes more. Meanwhile whisk the eggs, milk, cheese, horseradish, parsley, measured salt and pepper, and nutmeg in a large bowl until evenly combined. Turn off the heat, pour the egg mixture into the pan with the asparagus mixture, stir with a rubber spatula to combine, and spread the asparagus into an even layer.
	Transfer the pan to the oven and bake until the frittata is puffed and just set in the center, about 10 to 12 minutes.
	Remove the pan to a wire rack and let it cool slightly, about 5 minutes. Loosen the edges of the frittata with a rubber spatula and slide it onto a cutting board. Slice it into wedges and serve immediately, passing the horseradish sour cream and chives on the side.

Nutrition Facts

PROTEIN 22.15% FAT 67.67% CARBS 10.18%

Properties

Glycemic Index:56.33, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:14.297826145006%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 250.41kcal (12.52%), Fat: 18.96g (29.17%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.94g (1.8%), Sugar: 3.63g (4.04%), Cholesterol: 328.81mg (109.6%), Sodium: 590.32mg (25.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.97g (27.93%), Selenium: 29.45µg (42.08%), Vitamin K: 32.76µg (31.2%), Vitamin B2: 0.52mg (30.41%), Phosphorus: 247.47mg (24.75%), Vitamin A: 1035.83IU (20.72%), Folate: 71.27µg (17.82%), Vitamin B5: 1.55mg (15.47%), Vitamin B12: 0.9µg (15.06%), Calcium: 143.57mg (14.36%), Vitamin E: 2.11mg (14.08%), Iron: 2.47mg (13.72%), Vitamin D: 1.82µg (12.11%), Zinc: 1.73mg (11.51%), Vitamin B6: 0.22mg (11.23%), Vitamin C: 6.99mg (8.47%), Potassium: 290.19mg (8.29%), Copper: 0.16mg (7.77%), Manganese: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.33%), Magnesium: 25.34mg (6.33%), Fiber: 1.48g (5.91%), Vitamin B3: 0.53mg (2.67%)