





Asparagus Frittata with Horseradish Sour Cream

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounces asparagus ends trimmed cut into 1-inch pieces
- 0.5 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 Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.06mg, 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: 0g (100%), Alcohol %: 0% (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%)