



Asparagus Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 10 ounces asparagus cut into 1/3-inch pieces
- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 6 large eggs
- ☐ 4 spring onion thinly sliced (white parts only)
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 0.5 teaspoon salt

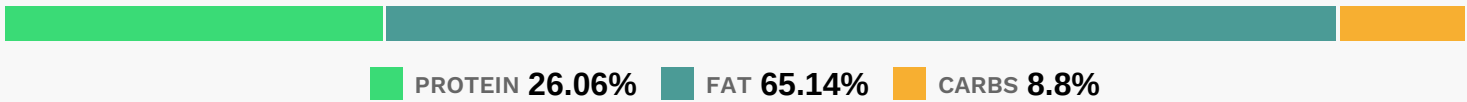
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Steam asparagus until crisp-tender, about 5 minutes.
- ☐ Drain.
- ☐ Whisk eggs, grated Parmesan cheese, 1/2 teaspoon salt and 1/4 teaspoon pepper in large bowl to blend well. Sauté bacon pieces in heavy large nonstick skillet over medium-high heat until golden brown, about 3 minutes.
- ☐ Add sliced green onions and sauté until onions are translucent, about 3 minutes.
- ☐ Add cooked asparagus; sauté until heated through. Reduce heat to medium.
- ☐ Spread asparagus mixture in single layer in skillet.
- ☐ Pour egg mixture over asparagus. Cook until eggs are very softly set, tilting skillet, gently running rubber spatula around edges and allowing uncooked egg portion to flow underneath, about 4 minutes. Tilt skillet and slide omelet out onto plate, folding omelet in half.
- ☐ Cut omelet into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:11.068695441536%

Flavonoids

Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 168.27kcal (8.41%), Fat: 12.21g (18.78%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.26g (1.4%), Cholesterol: 200.51mg (66.84%), Sodium: 461.35mg (20.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin K: 36.6µg (34.85%), Selenium: 21.38µg (30.55%), Vitamin B2: 0.33mg (19.57%), Phosphorus: 183mg (18.3%), Vitamin A: 760.9IU (15.22%), Folate: 53.54µg (13.38%), Iron: 2.1mg (11.66%), Vitamin B5: 1mg (10.03%), Vitamin B12: 0.59µg (9.89%), Calcium: 95.43mg (9.54%), Zinc: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.94%), Vitamin B6: 0.18mg (8.83%), Vitamin E: 1.2mg (7.97%), Vitamin D: 1.09µg (7.24%), Copper: 0.14mg (7.08%), Potassium: 226.93mg (6.48%), Manganese: 0.12mg (5.95%), Vitamin B3: 1.14mg (5.68%), Vitamin C: 4.15mg (5.03%), Fiber: 1.22g (4.89%), Magnesium: 18.07mg (4.52%)