



## Asparagus-Potato Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 0.5 pound asparagus peeled cut into 3/4 -inch lengths
- ☐ 8 large eggs
- ☐ 0.3 cup heavy cream
- ☐ 0.5 pound new potatoes red unpeeled cut into 1/3-inch chunks
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion minced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

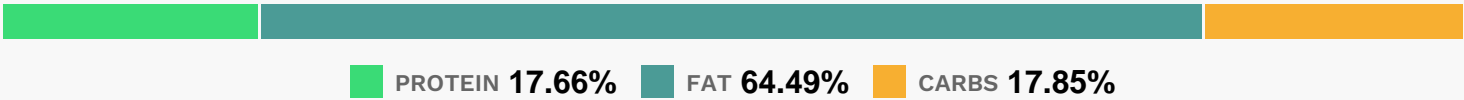
## Equipment

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Steam the potatoes until barely tender, about 5 minutes; set aside. Steam the asparagus until bright green but still crisp, about 2 minutes.
- ☐ In a 10- to 12-inch nonstick skillet, heat 1 1/2 tablespoons of the oil over high heat.
- ☐ Add the potatoes and saut until browned and crisp, about 7 minutes.
- ☐ Add the asparagus and onion, season with the salt and pepper and cook until tender, about 3 minutes; transfer to a plate.
- ☐ Wipe out the skillet, set it over moderate heat and add 1 tablespoon of the oil. Beat the eggs with the heavy cream until smooth. Stir in the vegetables and pour the mixture into the skillet. Reduce the heat to low and cook until the edges just begin to set. Lift the sides of the frittata with a rubber spatula, tilting the pan to allow the uncooked eggs to seep under. Continue cooking until the bottom is set and the top is barely runny, about 7 minutes.
- ☐ Set a large flat plate over the skillet and invert the frittata onto the plate.
- ☐ Add the remaining 1/2 tablespoon oil to the skillet and slide the frittata back in. Cook until the bottom is golden, about 3 minutes. Slide the frittata onto a large plate and cut into wedges.
- ☐ Serve warm or at room temperature.
- ☐ Serve With: A well-dressed salad and crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:43.69, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:18.335217413695%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg,

Isorhamnetin: 4.61mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.91mg, Quercetin: 13.91mg, Quercetin: 13.91mg, Quercetin: 13.91mg

Nutrients (% of daily need)

Calories: 352.71kcal (17.64%), Fat: 25.53g (39.28%), Saturated Fat: 8.05g (50.32%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 12.96g (4.71%), Sugar: 3.48g (3.87%), Cholesterol: 388.81mg (129.6%), Sodium: 733.26mg (31.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Selenium: 32.77µg (46.81%), Vitamin B2: 0.59mg (34.75%), Vitamin K: 32.08µg (30.55%), Phosphorus: 276.6mg (27.66%), Vitamin A: 1189.68IU (23.79%), Folate: 91.4µg (22.85%), Vitamin E: 3.35mg (22.35%), Vitamin B6: 0.43mg (21.37%), Vitamin C: 16.47mg (19.96%), Iron: 3.55mg (19.75%), Vitamin B5: 1.93mg (19.3%), Potassium: 547.4mg (15.64%), Vitamin B12: 0.91µg (15.23%), Vitamin D: 2.24µg (14.92%), Manganese: 0.26mg (12.87%), Copper: 0.25mg (12.74%), Zinc: 1.85mg (12.31%), Vitamin B1: 0.18mg (12.15%), Fiber: 2.94g (11.75%), Calcium: 93.57mg (9.36%), Magnesium: 37mg (9.25%), Vitamin B3: 1.27mg (6.35%)