



Baked Asparagus and Yellow Pepper Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 pounds asparagus thin
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 large eggs
- ☐ 3 tablespoons flat parsley fresh chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1.5 teaspoons salt
- ☐ 3 spring onion
- ☐ 3 shallots

- ☐ 1 tablespoon butter unsalted
- ☐ 2 large bell pepper yellow
- ☐ 1 medium zucchini

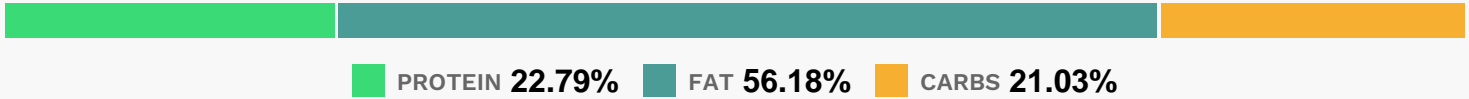
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ colander
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. and butter a 13 x 9 x 2-inch glass baking dish (3-quart).
- ☐ Trim asparagus and diagonally cut into 1/4-inch-wide slices.
- ☐ Cut bell peppers into 1/4-inch-wide strips and mince shallots. Halve zucchini lengthwise and diagonally cut both zucchini and scallions into thin slices.
- ☐ Have ready a bowl of ice and cold water. In a large saucepan of boiling salted water blanch asparagus 1 minute and drain in a colander. Immediately transfer asparagus to ice water to stop cooking.
- ☐ Drain asparagus well in colander and pat dry.
- ☐ In a large skillet cook bell peppers and shallots in butter over moderately low heat, stirring occasionally, until peppers are softened, about 10 minutes. In a large bowl whisk together eggs, cream, parsley, salt, and pepper. Stir in asparagus, bell pepper mixture, zucchini, and scallions.
- ☐ Pour custard into baking dish and bake in middle of oven until golden and set, about 35 minutes. Cool frittata on a rack. Frittata may be made 1 day ahead and chilled, covered. Bring frittata to room temperature before serving. If desired, loosen frittata from edges of pan and slide onto a platter.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:16.136521733325%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 133.86kcal (6.69%), Fat: 8.72g (13.41%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 4.99g (1.82%), Sugar: 2.84g (3.16%), Cholesterol: 168.71mg (56.24%), Sodium: 357.89mg (15.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin C: 66.5mg (80.6%), Vitamin K: 55.4µg (52.77%), Vitamin A: 1180.75IU (23.62%), Selenium: 15.06µg (21.52%), Vitamin B2: 0.34mg (20.23%), Folate: 76.88µg (19.22%), Iron: 2.75mg (15.27%), Phosphorus: 147mg (14.7%), Vitamin B6: 0.25mg (12.31%), Manganese: 0.23mg (11.36%), Copper: 0.23mg (11.31%), Potassium: 363.57mg (10.39%), Vitamin B1: 0.15mg (9.94%), Vitamin B5: 0.98mg (9.83%), Vitamin E: 1.46mg (9.71%), Fiber: 2.35g (9.41%), Zinc: 1.12mg (7.49%), Vitamin D: 1.01µg (6.73%), Vitamin B12: 0.39µg (6.48%), Magnesium: 25.45mg (6.36%), Calcium: 60.54mg (6.05%), Vitamin B3: 1.17mg (5.84%)