



Baked Asparagus Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 pound pencil-thin asparagus ends trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 5 large eggs
- ☐ 1.3 cups half-and-half
- ☐ 3 ounces havarti cheese cubed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 shallots chopped
- ☐ 1 tablespoon butter unsalted

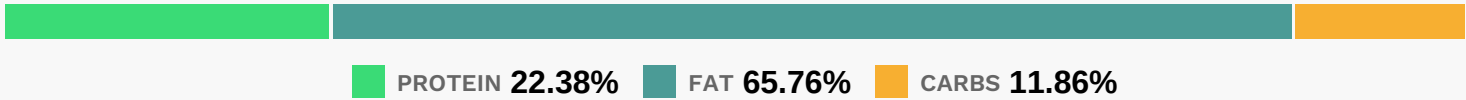
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350F. Grease a 9-inch quiche or pie pan. Bring 1 inch water to a boil in a skillet.
- ☐ Add asparagus and cook until crisp-tender, 2 to 3 minutes.
- ☐ Drain and rinse with cold water, then pat dry; set skillet aside. Arrange asparagus in prepared pan in a circular pattern.
- ☐ Sprinkle cheese on top.
- ☐ Melt butter in same skillet over medium heat; add shallot and cook, stirring, until softened, about 5 minutes.
- ☐ Transfer shallot to a bowl; add eggs, half-and-half, salt and pepper; and blend with a fork.
- ☐ Pour over asparagus and cheese.
- ☐ Bake omelet until puffed and golden, about 40 minutes.
- ☐ Cut into wedges; serve.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:13.09913029878%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 213.47kcal (10.67%), Fat: 15.94g (24.52%), Saturated Fat: 8.77g (54.8%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 4.73g (1.72%), Sugar: 4.13g (4.58%), Cholesterol: 191.31mg (63.77%), Sodium: 395.07mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Vitamin K: 32.61µg (31.05%), Vitamin B2: 0.45mg (26.46%), Phosphorus: 251.22mg (25.12%), Selenium: 17.53µg (25.05%), Vitamin A: 1158.24IU (23.16%), Calcium: 187.65mg (18.77%), Folate: 70.51µg (17.63%), Iron: 2.46mg (13.65%), Zinc: 1.74mg (11.62%), Vitamin B12: 0.67µg (11.21%), Vitamin B5: 1.07mg (10.65%), Vitamin E: 1.58mg (10.53%), Vitamin B1: 0.15mg (10.05%), Copper: 0.2mg (9.76%), Vitamin B6: 0.19mg (9.7%), Potassium: 306.33mg (8.75%), Manganese: 0.16mg (8.17%), Fiber: 1.74g (6.97%), Magnesium: 25.84mg (6.46%), Vitamin C: 5.12mg (6.21%), Vitamin D: 0.91µg (6.04%), Vitamin B3: 0.85mg (4.27%)