



Baked Frittata Primavera

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



25 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.8 lb asparagus spears fresh trimmed cut into 1-inch lengths
- 4 oz philadelphia cream cheese cut into small cubes ()
- 8 eggs
- 0.3 cup pasilla peppers red chopped
- 2 Tbsp water

Equipment

- frying pan
- oven

whisk

Directions

Heat oven to 350F.

Cook and stir vegetables in 10-inch ovenproof skillet on medium-high heat 3 min. or until crisp-tender.

Whisk eggs and water until blended.

Place cream cheese over vegetables in skillet; cover with eggs.

Bake 30 min. or until frittata is puffed and golden brown.

Nutrition Facts

**PROTEIN 23.85%** **FAT 66.1%** **CARBS 10.05%**

Properties

Glycemic Index:2.28, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.7495651867079%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 24.53kcal (1.23%), Fat: 1.83g (2.81%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.35g (0.39%), Cholesterol: 35.6mg (11.87%), Sodium: 21.66mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Selenium: 3.14µg (4.49%), Vitamin A: 188.77IU (3.78%), Vitamin B2: 0.06mg (3.52%), Vitamin K: 3.68µg (3.51%), Phosphorus: 25.2mg (2.52%), Vitamin C: 2.07mg (2.5%), Folate: 9.38µg (2.35%), Iron: 0.34mg (1.91%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.23mg (1.55%), Vitamin B12: 0.08µg (1.41%), Vitamin B6: 0.03mg (1.4%), Zinc: 0.18mg (1.18%), Vitamin D: 0.18µg (1.17%), Copper: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.13%), Potassium: 35.69mg (1.02%)