





Easter Frittata with Asparagus, Goat Cheese, and Spring Herbs

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



431 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup crème fraîche
- 0.3 cup herbs: rosemary mixed fresh such as parsley, dill, chives, tarragon, and mint chopped
- 0.5 teaspoon lemon zest grated
- 1 serving salt and pepper freshly ground
- 1 serving butter unsalted for baking dish room temperature
- 1 serving salt and pepper freshly ground
- 12 ounces asparagus trimmed

- 1 pound baking potatoes peeled cut into $\frac{3}{4}$ -inch cubes
- 12 large eggs
- 0.8 cup cup heavy whipping cream
- 1.3 cups goat cheese crumbled
- 0.5 cup herbs: rosemary mixed fresh such as parsley, dill, chives, tarragon, and mint chopped
- 0.3 cup spring onion white thinly sliced
- 2.5 ounces gruyere cheese grated

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- baking pan
- aluminum foil
- tongs

Directions

- In a small bowl, stir together creme fraiche, herbs, and lemon zest; season with salt and pepper. Refrigerate, covered, up to 3 hours.
- Preheat oven to 400 degrees. Butter a shallow 2-quart baking dish.
- Prepare an ice-water bath. Bring a medium saucepan of salted water to a boil.
- Add asparagus and cook until crisp-tender, 1 to 2 minutes. Using tongs, transfer to ice-water bath.
- Let cool; drain and pat dry.
- Add potatoes to saucepan with water (if necessary, add more water to cover potatoes by at least 1 inch). Return to a boil, then reduce heat and simmer until potatoes are easily pierced with the tip of a knife, 5 to 6 minutes; drain.

- In a large bowl, whisk together eggs, cream, 1 teaspoon salt, and 1/2 teaspoon pepper. Stir in potatoes, goat cheese, herbs, and scallions.
- Transfer mixture to prepared dish. Top with asparagus, pressing down to submerge slightly.
- Sprinkle with Gruyere.
- Bake 30 minutes, rotating dish halfway through. Reduce oven temperature to 350 degrees and continue baking until golden brown, puffed, and just set in center, 10 minutes more (if browning too quickly, tent with foil).
- Serve warm or at room temperature, with herbed creme fraiche.

Nutrition Facts

PROTEIN 20.55% **FAT 65.58%** **CARBS 13.87%**

Properties

Glycemic Index:26.59, Glycemic Load:8.42, Inflammation Score:-8, Nutrition Score:23.381304409193%

Flavonoids

Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 431.46kcal (21.57%), Fat: 31.76g (48.86%), Saturated Fat: 17.59g (109.93%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 13.18g (4.79%), Sugar: 3.56g (3.95%), Cholesterol: 348.58mg (116.19%), Sodium: 371.24mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.79%), Vitamin K: 121.88µg (116.07%), Vitamin A: 2215.61IU (44.31%), Selenium: 28.28µg (40.4%), Vitamin B2: 0.68mg (40.02%), Phosphorus: 385.96mg (38.6%), Calcium: 253.58mg (25.36%), Vitamin B6: 0.49mg (24.25%), Copper: 0.47mg (23.75%), Iron: 3.85mg (21.41%), Folate: 84.31µg (21.08%), Vitamin B5: 1.91mg (19.08%), Vitamin C: 14.43mg (17.49%), Vitamin B12: 0.97µg (16.23%), Potassium: 542.39mg (15.5%), Zinc: 2.26mg (15.06%), Vitamin D: 2.06µg (13.74%), Vitamin B1: 0.18mg (12.33%), Vitamin E: 1.76mg (11.71%), Manganese: 0.23mg (11.67%), Magnesium: 44.97mg (11.24%), Fiber: 1.94g (7.75%), Vitamin B3: 1.36mg (6.79%)