



## Easy Spring Frittata

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 1 lb asparagus spears cut into 1/2-inch lengths
- 1 cup milk cheddar cheese shredded 2% divided kraft
- 8 eggs
- 2 Tbsp lite house dressing italian kraft
- 0.3 cup milk

### Equipment

- bowl
- frying pan

oven

## Directions

- Preheat oven to 350F.
- Heat dressing in large nonstick ovenproof skillet on medium-high heat.
- Add asparagus; cook 5 minutes, stirring occasionally.
- Beat eggs, milk and 1/2 cup of the cheese in medium bowl until well blended.
- Pour over asparagus; stir until well blended.
- Bake 20 minutes or until center is set.
- Sprinkle with remaining 1/2 cup cheese; continue baking 5 minutes or until cheese is melted.
- Cut into 4 wedges to serve.

## Nutrition Facts

 **PROTEIN 28.21%**  **FAT 61.8%**  **CARBS 9.99%**

## Properties

Glycemic Index:2.77, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.3882608802422%

## Flavonoids

Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 33.21kcal (1.66%), Fat: 2.3g (3.54%), Saturated Fat: 1g (6.23%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.56g (0.21%), Sugar: 0.47g (0.52%), Cholesterol: 40.85mg (13.62%), Sodium: 44.66mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Selenium: 4.35µg (6.21%), Vitamin K: 5.97µg (5.69%), Vitamin B2: 0.08mg (4.76%), Phosphorus: 43.33mg (4.33%), Vitamin A: 187.76IU (3.76%), Calcium: 33.82mg (3.38%), Folate: 12.14µg (3.04%), Iron: 0.46mg (2.56%), Vitamin B12: 0.13µg (2.22%), Zinc: 0.33mg (2.17%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.3mg (1.97%), Copper: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.64%), Vitamin B6: 0.03mg (1.64%), Vitamin D: 0.24µg (1.6%), Potassium: 45.86mg (1.31%), Manganese: 0.02mg (1.2%), Fiber: 0.27g (1.09%), Magnesium: 4.14mg (1.04%)