



Everything-but-the-Kitchen-Sink Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons asiago cheese fresh shredded
- ☐ 0.5 cup asparagus sliced (1-inch)
- ☐ 0.3 cup black beans canned rinsed drained
- ☐ 2 cherry tomatoes quartered
- ☐ 1 large eggs
- ☐ 4 large egg whites
- ☐ 2 tablespoons milk fat-free
- ☐ 2 teaspoons basil fresh chopped

- ☐ 1 Dash pepper black freshly ground
- ☐ 1 tablespoon onion red chopped
- ☐ 0.1 teaspoon salt

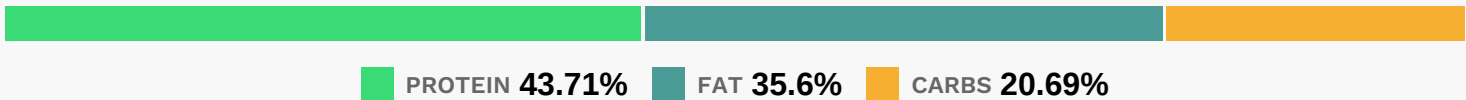
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

Directions

- ☐ Prepare broiler.
- ☐ Place the sliced asparagus in a small microwave safe bowl; cover. Microwave at high 20 seconds.
- ☐ Combine milk and next 4 ingredients (milk through egg), stirring with a whisk.
- ☐ Heat an 8-inch nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add beans and onion; saut 30 seconds.
- ☐ Add egg mixture; reduce heat to medium, and cook for 1 minute.
- ☐ Sprinkle the asparagus and basil evenly over egg mixture, and cook for 1 minute.
- ☐ Sprinkle with cheese.
- ☐ Wrap handle of pan with foil. Broil for 4 minutes or until top is set and cheese melts.
- ☐ Sprinkle with tomatoes.

Nutrition Facts



Properties

Glycemic Index:221.25, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:21.9300002222248%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.32mg, Isorhamnetin: 4.32mg, Isorhamnetin: 4.32mg, Isorhamnetin: 4.32mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg

Nutrients (% of daily need)

Calories: 302.01kcal (15.1%), Fat: 11.87g (18.26%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 10.71g (3.9%), Sugar: 5.47g (6.08%), Cholesterol: 210.26mg (70.09%), Sodium: 949.16mg (41.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.58%), Selenium: 49.7µg (71.01%), Vitamin B2: 1.09mg (63.97%), Phosphorus: 349.56mg (34.96%), Vitamin K: 30.69µg (29.23%), Calcium: 264.33mg (26.43%), Folate: 98.99µg (24.75%), Vitamin A: 1216.91IU (24.34%), Vitamin B12: 1.41µg (23.53%), Potassium: 715.21mg (20.43%), Iron: 3.63mg (20.18%), Fiber: 4.81g (19.24%), Vitamin C: 13.44mg (16.29%), Zinc: 2.35mg (15.64%), Copper: 0.31mg (15.56%), Manganese: 0.31mg (15.44%), Vitamin B1: 0.22mg (14.93%), Vitamin B5: 1.49mg (14.87%), Magnesium: 58.83mg (14.71%), Vitamin B6: 0.24mg (12.2%), Vitamin E: 1.53mg (10.22%), Vitamin D: 1.45µg (9.66%), Vitamin B3: 1.36mg (6.8%)