



Asparagus and Mushroom Frittata

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 pound asparagus fresh trimmed cut into 1 inch pieces
- 1 tablespoon butter
- 6 eggs
- 0.5 pound mushrooms fresh sliced
- 1 teaspoon thyme sprigs fresh chopped
- 3 tablespoons olive oil
- 3 tablespoons parmesan cheese freshly grated
- 0.5 cup mozzarella cheese shredded

1 tablespoon water

Equipment

- bowl
- frying pan
- oven
- whisk
- broiler

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Melt butter in an oven-safe skillet over medium heat. Stir in olive oil and asparagus, and cook until the asparagus is tender, about 10 minutes. Stir in the mushrooms, and continue cooking about 5 minutes.
- In a medium bowl, whisk together eggs, water, and thyme.
- Pour into the skillet, and reduce heat to low. Cover, and cook 5 minutes.
- Transfer the skillet to the preheated oven.
- Bake 10 to 15 minutes, until eggs are no longer runny. Top the mixture with Parmesan cheese and mozzarella cheese. Turn on the broiler, and broil until cheeses are melted and lightly browned.

Nutrition Facts

 **PROTEIN 20.74%**  **FAT 72.05%**  **CARBS 7.21%**

Properties

Glycemic Index:31, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:11.105217436086%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 196.27kcal (9.81%), Fat: 16.04g (24.68%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.72g (1.91%), Cholesterol: 178.24mg (59.42%), Sodium: 182.69mg (7.94%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.39g (20.78%), Selenium: 20.38µg (29.11%), Vitamin B2: 0.44mg (26.1%), Vitamin K: 20.49µg (19.52%), Phosphorus: 189.09mg (18.91%), Vitamin B5: 1.37mg (13.69%), Vitamin A: 682.23IU (13.64%), Vitamin E: 1.99mg (13.24%), Folate: 47.78µg (11.95%), Copper: 0.23mg (11.38%), Vitamin B12: 0.66µg (10.95%), Iron: 1.92mg (10.66%), Calcium: 106.13mg (10.61%), Zinc: 1.36mg (9.05%), Vitamin B3: 1.79mg (8.93%), Potassium: 271.63mg (7.76%), Vitamin B6: 0.16mg (7.76%), Vitamin B1: 0.11mg (7.07%), Vitamin D: 1.01µg (6.7%), Manganese: 0.1mg (5.02%), Fiber: 1.22g (4.87%), Magnesium: 17.32mg (4.33%), Vitamin C: 3.44mg (4.17%)