



## Frittata with Asparagus and Scallions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 1 pound asparagus spears fresh thin
- ☐ 4 ounces bacon with ample fat ( 4 slices) thick
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 8 large eggs
- ☐ 0.5 teaspoon kosher salt to taste
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 pound scallions

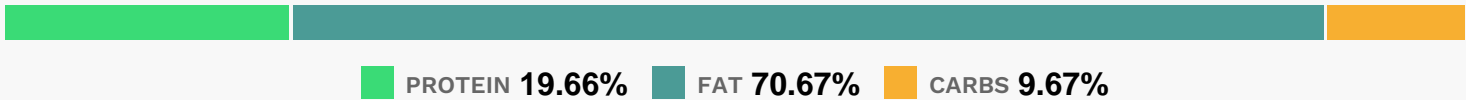
### Equipment

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Snap off the tough bottom stubs of the asparagus, peel the bottom few inches of each spear, and cut them crosswise in 1 1/2-inch pieces. Slice prosciutto or bacon into strips, or lardoons, about 1 inch long and 1/3 inch wide. Trim the scallions, and cut crosswise into 1-inch pieces.
- ☐ Pour the olive oil into the skillet, scatter in the lardoons, and set over medium heat. When the strips are sizzling and rendering fat, toss in the cut asparagus, and roll and toss them over a few times. Cover the skillet, and cook, still over moderate heat, shaking the pan occasionally, until the asparagus is slightly softened, 5 minutes or so.
- ☐ Scatter the scallion pieces in the pan, season with a couple pinches of salt, and toss the vegetables and lardoons together. Cover the skillet, and cook, shaking the pan and stirring occasionally, until the scallions and asparagus are soft and moist, 7 or 8 minutes more. Meanwhile, beat the eggs thoroughly with the remaining salt and generous grinds of black pepper.
- ☐ When the vegetables are steaming in their moisture, uncover the skillet, raise the heat, and cook, tossing, for a minute or so, until the water has evaporated and the asparagus and scallions seem about to color.
- ☐ Quickly spread them out in the pan, and pour the eggs over at once. Immediately begin folding the eggs over with the spatula, clearing the sides and skillet bottom continuously, so the eggs flow and coagulate around the vegetables and lardoons.
- ☐ When all the eggs are cooked in big soft curds—in barely a minute—take the skillet off the heat. Tumble the frittata over a few more times to keep it loose and moist. Spoon portions onto warm plates, and serve hot and steaming.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:25.706521946451%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Quercetin: 21.91mg, Quercetin: 21.91mg, Quercetin: 21.91mg, Quercetin: 21.91mg

## Nutrients (% of daily need)

Calories: 395.11kcal (19.76%), Fat: 31.51g (48.48%), Saturated Fat: 8.41g (52.58%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.82g (4.25%), Cholesterol: 390.71mg (130.24%), Sodium: 631.93mg (27.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Vitamin K: 171.33µg (163.17%), Selenium: 39.35µg (56.22%), Vitamin B2: 0.69mg (40.32%), Vitamin A: 1973.62IU (39.47%), Folate: 142.27µg (35.57%), Phosphorus: 318.93mg (31.89%), Iron: 5.2mg (28.91%), Vitamin E: 4.28mg (28.52%), Vitamin B1: 0.31mg (20.78%), Vitamin C: 17.01mg (20.62%), Vitamin B5: 2.05mg (20.45%), Vitamin B6: 0.38mg (19.17%), Copper: 0.35mg (17.34%), Vitamin B12: 1.03µg (17.2%), Potassium: 581.18mg (16.61%), Zinc: 2.46mg (16.4%), Manganese: 0.31mg (15.73%), Fiber: 3.88g (15.52%), Vitamin D: 2.11µg (14.09%), Vitamin B3: 2.62mg (13.12%), Calcium: 126.18mg (12.62%), Magnesium: 42.8mg (10.7%)