



Frittata with Asparagus, Tomato, and Fontina

 Vegetarian  Gluten Free

READY IN

ready

27 min.

SERVINGS

servings

6

CALORIES

calories

196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 12 ounces asparagus trimmed cut into 1/4 to 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 6 large eggs
- ☐ 3 ounces fontina diced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt plus a pinch
- ☐ 6 servings salt

- ☐ 1 tomatoes diced seeded
- ☐ 2 tablespoons whipping cream

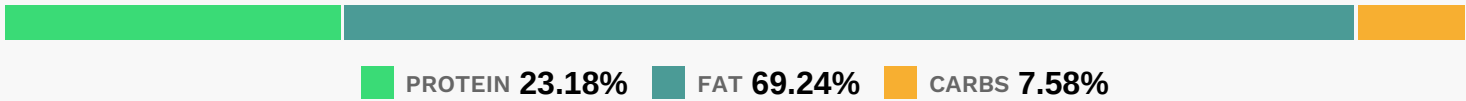
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the broiler.
- ☐ Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
- ☐ Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat.
- ☐ Add the asparagus and saute until crisp-tender, about 2 minutes. Raise the heat to medium-high.
- ☐ Add the tomato and a pinch of salt and saute 2 minutes longer.
- ☐ Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set.
- ☐ Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
- ☐ Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
- ☐ Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:11.523478352505%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 196.24kcal (9.81%), Fat: 15.31g (23.55%), Saturated Fat: 6.99g (43.67%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.32g (0.84%), Sugar: 2.16g (2.4%), Cholesterol: 213.11mg (71.04%), Sodium: 590.55mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Selenium: 18.89µg (26.98%), Vitamin K: 27.59µg (26.28%), Vitamin A: 1131.09IU (22.62%), Vitamin B2: 0.35mg (20.68%), Phosphorus: 186.04mg (18.6%), Folate: 57.19µg (14.3%), Calcium: 126.11mg (12.61%), Iron: 2.21mg (12.26%), Vitamin E: 1.75mg (11.68%), Vitamin B12: 0.7µg (11.59%), Vitamin B5: 1.02mg (10.17%), Zinc: 1.5mg (9.99%), Vitamin B6: 0.17mg (8.34%), Copper: 0.16mg (8.04%), Vitamin D: 1.16µg (7.77%), Vitamin B1: 0.11mg (7.52%), Vitamin C: 6.01mg (7.29%), Potassium: 247.71mg (7.08%), Manganese: 0.14mg (7.03%), Fiber: 1.46g (5.83%), Magnesium: 18.73mg (4.68%), Vitamin B3: 0.74mg (3.7%)