



Ham and Asparagus Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup asparagus (1-inch)
- 0.5 cup bell pepper finely chopped
- 0.3 teaspoon pepper black
- 3 large egg whites
- 2 large eggs
- 3 ounces 3%-less-sodium ham chopped
- 0.3 teaspoon penzey's southwest seasoning italian
- 2 ounces jarlsberg cheese shredded low-fat

- 0.5 cup onion finely chopped
- 0.1 teaspoon salt

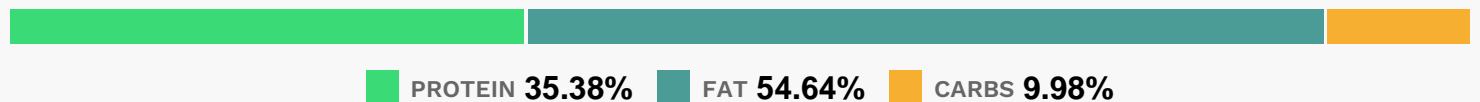
Equipment

- frying pan
- whisk
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Combine ham, cheese, black pepper, salt, egg whites, and eggs, stirring well with a whisk.
- Heat a 9-inch nonstick skillet coated with cooking spray over medium-high heat.
- Add onion, bell pepper, and asparagus; saut 3 minutes.
- Add egg mixture; reduce heat to medium. Cook, covered, 3 minutes or until almost set.
- Sprinkle with 1/4 teaspoon Italian seasoning. Wrap handle of pan with foil; broil 3 minutes or until egg is set.
- Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:19.908695635588%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.91mg, Isorhamnetin: 3.91mg, Isorhamnetin: 3.91mg, Isorhamnetin: 3.91mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.89mg, Quercetin: 12.89mg, Quercetin: 12.89mg, Quercetin: 12.89mg

Nutrients (% of daily need)

Calories: 335.46kcal (16.77%), Fat: 20.28g (31.2%), Saturated Fat: 9.23g (57.69%), Carbohydrates: 8.34g (2.78%),
Net Carbohydrates: 6g (2.18%), Sugar: 4.44g (4.93%), Cholesterol: 232.62mg (77.54%), Sodium: 989.4mg (43.02%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Vitamin C: 52.52mg (63.66%), Selenium:
35.93µg (51.34%), Vitamin A: 1898.47IU (37.97%), Vitamin B2: 0.63mg (37.13%), Calcium: 261.89mg (26.19%),
Vitamin B1: 0.36mg (24.31%), Phosphorus: 236.9mg (23.69%), Vitamin B6: 0.44mg (21.96%), Folate: 69.55µg
(17.39%), Vitamin K: 18.03µg (17.18%), Potassium: 482.47mg (13.78%), Vitamin B3: 2.74mg (13.7%), Zinc: 2mg
(13.32%), Vitamin B5: 1.32mg (13.2%), Iron: 2.36mg (13.13%), Vitamin B12: 0.76µg (12.7%), Vitamin E: 1.7mg (11.34%),
Manganese: 0.22mg (10.82%), Fiber: 2.34g (9.34%), Vitamin D: 1.3µg (8.65%), Copper: 0.17mg (8.65%), Magnesium:
33.79mg (8.45%)