



Herby Frittata with Vegetables and Goat Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 ounces asparagus trimmed cut into 2-inch pieces
- 0.3 teaspoon pepper black freshly ground
- 7 large eggs lightly beaten
- 3 tablespoons chives fresh chopped
- 2 tablespoons optional: dill fresh chopped
- 0.3 cup goat cheese soft
- 1 teaspoon olive oil

- 0.4 teaspoon salt
- 0.3 cup water

Equipment

- bowl
- frying pan
- oven
- whisk
- broiler
- microwave
- spatula
- cutting board

Directions

- Combine asparagus and 1/4 cup water in a small microwave-safe bowl; cover and microwave at HIGH 2 minutes or until tender. Rinse with cold water; drain.
- Combine chives, dill, salt, pepper, and eggs in a medium bowl; stir with a whisk.
- Preheat broiler to high.
- Heat a small ovenproof nonstick skillet over medium heat.
- Add oil; swirl to coat.
- Add asparagus and egg mixture to pan; cook 3 minutes or until eggs are partially set, stirring occasionally.
- Sprinkle with cheese.
- Place pan under broiler. Broil 2 minutes or until eggs are set and top is lightly browned.
- Remove pan from oven. Run a spatula around edge and under frittata to loosen from pan; slide frittata onto a plate or cutting board.
- Cut into 4 wedges.

Nutrition Facts



■ PROTEIN 32.61% ■ FAT 61.9% ■ CARBS 5.49%

Properties

Glycemic Index:31, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:13.082174010899%

Flavonoids

Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 181kcal (9.05%), Fat: 12.39g (19.05%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.29g (1.44%), Cholesterol: 332.03mg (110.68%), Sodium: 396.3mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Selenium: 28.26µg (40.38%), Vitamin B2: 0.52mg (30.42%), Phosphorus: 233.32mg (23.33%), Vitamin K: 23.81µg (22.67%), Vitamin A: 1054.6IU (21.09%), Folate: 67.62µg (16.91%), Vitamin B5: 1.56mg (15.64%), Iron: 2.78mg (15.44%), Vitamin B12: 0.81µg (13.43%), Copper: 0.26mg (12.76%), Vitamin D: 1.81µg (12.05%), Vitamin B6: 0.23mg (11.34%), Vitamin E: 1.57mg (10.5%), Zinc: 1.51mg (10.05%), Calcium: 82.7mg (8.27%), Vitamin B1: 0.11mg (7.18%), Manganese: 0.13mg (6.67%), Potassium: 220.19mg (6.29%), Magnesium: 20.15mg (5.04%), Vitamin C: 3.86mg (4.68%), Fiber: 0.99g (3.94%), Vitamin B3: 0.56mg (2.81%)