



Individual Asparagus and Caramelized Onion Frittatas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 14 asparagus cut into small pieces
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cheddar cheese
- ☐ 6 eggs beaten
- ☐ 0.3 cup fontina shredded
- ☐ 1 teaspoon basil fresh chopped
- ☐ 1 teaspoon parsley fresh chopped

- ☐ 1 teaspoon thyme leaves fresh
- ☐ 0.3 cup heavy cream
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onions thinly sliced
- ☐ 0.3 cup parmesan cheese
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup mozzarella cheese shredded

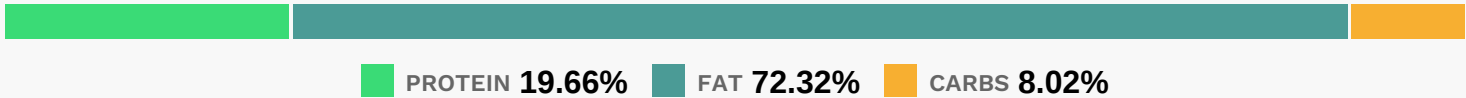
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Melt the butter and olive oil in a medium skillet over medium heat, add the onions and cook for about 10 to 12 minutes or until golden brown, stirring occasionally. Reheat the oven to 375 F. Place all the ingredients in a medium bowl and mix well. Divide mixture equally into greased ramekins or individual oven proof dishes and bake for about 20 minutes or until tops are puffed and set. Serve warm.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:16.208695577539%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.95mg, Quercetin: 15.95mg, Quercetin: 15.95mg, Quercetin: 15.95mg

15.95mg, Quercetin: 15.95mg

Nutrients (% of daily need)

Calories: 376.75kcal (18.84%), Fat: 30.6g (47.08%), Saturated Fat: 13.71g (85.67%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 5.7g (2.07%), Sugar: 3.75g (4.16%), Cholesterol: 299.46mg (99.82%), Sodium: 595.16mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.43%), Selenium: 28.42µg (40.6%), Phosphorus: 319.99mg (32%), Vitamin B2: 0.52mg (30.42%), Calcium: 292.33mg (29.23%), Vitamin K: 29.83µg (28.41%), Vitamin A: 1381.2IU (27.62%), Vitamin B12: 1.11µg (18.52%), Folate: 71.79µg (17.95%), Vitamin E: 2.67mg (17.8%), Zinc: 2.29mg (15.27%), Iron: 2.7mg (15.01%), Vitamin B5: 1.37mg (13.73%), Vitamin B6: 0.24mg (12.03%), Vitamin D: 1.73µg (11.5%), Vitamin B1: 0.14mg (9.15%), Copper: 0.18mg (9.08%), Potassium: 304.49mg (8.7%), Manganese: 0.17mg (8.69%), Vitamin C: 7.02mg (8.51%), Fiber: 1.93g (7.71%), Magnesium: 29.3mg (7.33%), Vitamin B3: 0.71mg (3.54%)