



Leek and Asparagus Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



398 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2.5 cups asparagus trimmed thin
- ☐ 2 tablespoons butter ()
- ☐ 8 large eggs
- ☐ 1 cup fontina diced divided
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup leek white green chopped (and pale parts only)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt

☐ 1 cup mushroom caps stemmed sliced

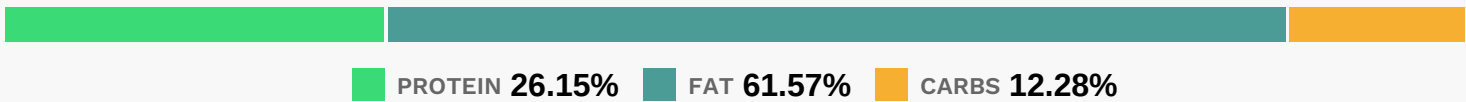
Equipment

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

Directions

- ☐ Preheat broiler. Melt butter in heavy broilerproof 10-inch-diameter nonstick skillet over medium heat.
- ☐ Add leeks and sauté 4 minutes.
- ☐ Add asparagus and shiitake mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes.
- ☐ Whisk eggs, 3/4 cup Fontina cheese, 1/2 teaspoon salt, and 1/2 teaspoon pepper in medium bowl.
- ☐ Add egg mixture to skillet; fold gently to combine. Cook until almost set.
- ☐ Sprinkle remaining 1/4 cup Fontina cheese and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes.
- ☐ Cut into wedges and serve.
- ☐ One serving contains the following: Calories (kcal) 385.11; % Calories from Fat 58.9; Fat (g) 25.18; Saturated Fat (g) 12.75; Cholesterol (mg) 481.32; Carbohydrates (g) 15.20; Dietary Fiber (g) 3.10; Total Sugars (g) 4.40; Net Carbs (g) 12.10; Protein (g) 24.81
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:25.427826010663%

Flavonoids

Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg

Nutrients (% of daily need)

Calories: 398.03kcal (19.9%), Fat: 27.65g (42.54%), Saturated Fat: 14.08g (87.99%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 8.78g (3.19%), Sugar: 4.68g (5.2%), Cholesterol: 430.77mg (143.59%), Sodium: 862.33mg (37.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.85%), Selenium: 43.12µg (61.61%), Phosphorus: 468.5mg (46.85%), Vitamin B2: 0.8mg (46.83%), Vitamin K: 47.46µg (45.2%), Vitamin A: 2075.71IU (41.51%), Calcium: 330.08mg (33.01%), Folate: 114.74µg (28.69%), Vitamin B5: 2.81mg (28.14%), Vitamin B12: 1.54µg (25.68%), Zinc: 3.79mg (25.24%), Vitamin B6: 0.5mg (24.85%), Iron: 4.37mg (24.3%), Manganese: 0.44mg (21.99%), Copper: 0.35mg (17.58%), Vitamin E: 2.49mg (16.58%), Vitamin D: 2.46µg (16.37%), Vitamin B3: 3.23mg (16.17%), Potassium: 556.67mg (15.9%), Fiber: 3.63g (14.54%), Vitamin B1: 0.19mg (12.72%), Magnesium: 48.64mg (12.16%), Vitamin C: 7.36mg (8.92%)