



Mini prosciutto & asparagus frittatas

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 12 slices pancetta
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 125 g asparagus
- ☐ 6 eggs
- ☐ 100 ml milk
- ☐ 85 g parmesan grated

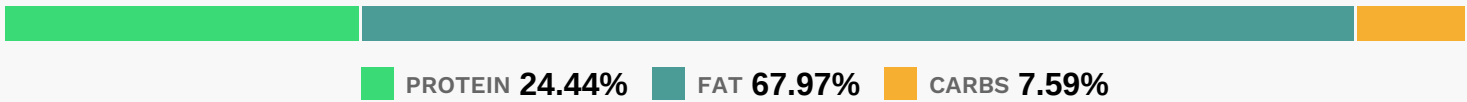
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease a 12-hole muffin tin and line each hole with a slice of prosciutto to cover the base and sides.
- ☐ Heat oil in a small frying pan and cook onion for 5 mins, until soft. Meanwhile, snap the tip ends off the asparagus and set aside. Finely slice the stalks and add to the onions when soft. Cook for 2-3 mins more, then remove and cool.
- ☐ Beat the eggs, milk and of the Parmesan together.
- ☐ Add some onion mix to each muffin hole. Divide over the egg mix, then top with the asparagus tip ends.
- ☐ Sprinkle over the remaining Parmesan and cook for 18-20 mins or until set.
- ☐ Allow to cool for a few mins then remove from tin and eat warm or cold.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:4.9178261497746%

Flavonoids

Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 113.81kcal (5.69%), Fat: 8.56g (13.17%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.14g (1.26%), Cholesterol: 92.97mg (30.99%), Sodium: 201.54mg (8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.85%), Selenium: 10.4µg (14.86%), Phosphorus: 120.99mg (12.1%), Calcium: 111.78mg (11.18%), Vitamin B2: 0.16mg (9.39%), Vitamin B12: 0.37µg (6.12%), Vitamin A: 269.94IU (5.4%), Vitamin K: 5.28µg (5.03%), Vitamin B5: 0.49mg (4.86%), Vitamin B6: 0.09mg (4.54%), Zinc:

0.68mg (4.53%), Folate: 17.99µg (4.5%), Iron: 0.72mg (4.03%), Vitamin D: 0.6µg (4.01%), Vitamin B1: 0.06mg (3.84%), Vitamin E: 0.57mg (3.82%), Potassium: 100.04mg (2.86%), Magnesium: 10.12mg (2.53%), Vitamin B3: 0.48mg (2.39%), Copper: 0.04mg (2.24%), Manganese: 0.04mg (1.85%), Vitamin C: 1.26mg (1.53%), Fiber: 0.37g (1.5%)