



Salmon and Asparagus Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 3 eggs
- ☐ 2 tablespoons milk
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon butter
- ☐ 4 oz asparagus fresh
- ☐ 6 oz pink lady apples red flaked drained canned
- ☐ 2 oz optional: dill shredded

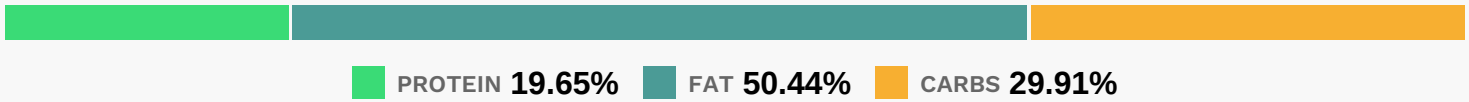
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, beat eggs, milk and pepper until well blended.
- ☐ In 10-inch nonstick skillet, melt butter over medium heat.
- ☐ Add asparagus; cook 3 to 5 minutes, stirring frequently, until crisp-tender.
- ☐ Reduce heat to medium-low.
- ☐ Add egg mixture to skillet; gently stir in salmon. Cover; cook 6 to 8 minutes or until eggs are set. (Do not stir.)
- ☐ Sprinkle with cheese; cover and cook 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:3.92, Inflammation Score:-9, Nutrition Score:18.974782466888%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 15.56mg, Isorhamnetin: 15.56mg, Isorhamnetin: 15.56mg, Isorhamnetin: 15.56mg Kaempferol: 4.69mg, Kaempferol: 4.69mg, Kaempferol: 4.69mg, Kaempferol: 4.69mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 26.97mg, Quercetin: 26.97mg, Quercetin: 26.97mg, Quercetin: 26.97mg

Nutrients (% of daily need)

Calories: 221.78kcal (11.09%), Fat: 12.93g (19.89%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 13.39g (4.87%), Sugar: 10.88g (12.09%), Cholesterol: 247.32mg (82.44%), Sodium: 184.73mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.67%), Vitamin A: 3294.36IU (65.89%), Vitamin C: 31.2mg (37.82%), Selenium: 21.86µg (31.22%), Vitamin B2: 0.51mg (30.07%), Folate: 105.67µg (26.42%),

Manganese: 0.51mg (25.64%), Vitamin K: 25.91µg (24.67%), Iron: 4.35mg (24.17%), Phosphorus: 205.19mg (20.52%),
Fiber: 3.86g (15.44%), Potassium: 532.93mg (15.23%), Vitamin B5: 1.4mg (13.95%), Calcium: 135.74mg (13.57%),
Vitamin B6: 0.26mg (13.06%), Vitamin E: 1.71mg (11.42%), Vitamin B12: 0.68µg (11.26%), Copper: 0.22mg (11.04%),
Zinc: 1.51mg (10.08%), Vitamin D: 1.49µg (9.9%), Vitamin B1: 0.15mg (9.84%), Magnesium: 37.93mg (9.48%), Vitamin
B3: 1.15mg (5.73%)