



Spring Frittata



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 teaspoons olive oil
- ☐ 0.5 lb asparagus fresh trimmed cut into 1-inch pieces
- ☐ 1 small bell pepper red thinly sliced
- ☐ 16 oz eggs fat-free lightly beaten (2 cups)
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 0.3 teaspoon salt

Equipment

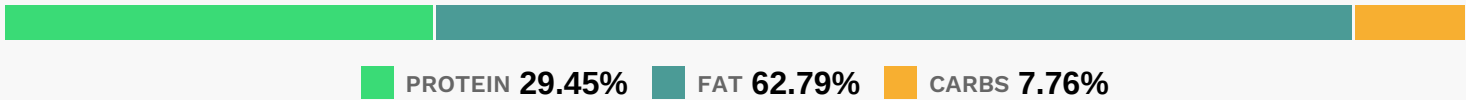
- ☐ bowl

☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, heat 2 teaspoons of the oil over medium-high heat.
- ☐ Add asparagus and bell pepper; cook 3 to 5 minutes, stirring frequently, until crisp-tender.
- ☐ Remove from heat; place cooked vegetables in medium bowl. Stir egg product, basil and salt into vegetables.
- ☐ In same skillet, add remaining 2 teaspoons oil and the egg mixture. Cook over medium heat about 5 minutes or until bottom is lightly browned and top is set, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet.
- ☐ Place skillet-size heatproof plate, upside down, on top of skillet. Turn plate and skillet over; slide frittata back into skillet, browned side up. Cook until bottom is lightly browned. Invert onto serving plate if desired.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:17.593478347944%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 213.78kcal (10.69%), Fat: 14.91g (22.94%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.56g (0.93%), Sugar: 2.26g (2.52%), Cholesterol: 421.84mg (140.61%), Sodium: 308.34mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.47%), Selenium: 36.14µg (51.63%), Vitamin B2: 0.61mg (36.13%), Vitamin A: 1646.6IU (32.93%), Vitamin C: 26.95mg (32.66%), Vitamin K: 29.32µg (27.92%), Phosphorus: 259.1mg (25.91%), Folate: 91.63µg (22.91%), Vitamin B5: 1.95mg (19.53%), Iron: 3.32mg (18.43%), Vitamin E: 2.7mg (18.02%), Vitamin B12: 1.01µg (16.82%), Vitamin D: 2.27µg (15.12%), Vitamin B6: 0.3mg (14.95%), Zinc: 1.82mg (12.13%), Copper: 0.19mg (9.7%), Vitamin B1: 0.14mg (9.11%), Potassium: 311.6mg (8.9%), Calcium: 79.42mg (7.94%), Manganese: 0.15mg (7.41%), Fiber: 1.59g (6.35%), Magnesium: 24.09mg (6.02%), Vitamin B3: 0.83mg (4.13%)