

Asparagus and Gruyere Frittata

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Dash Magazine - March 2013

Servings: 4

1 cup sliced asparagus OR about ten spears of trimmed asparagus
2 tablespoons olive oil
1 teaspoon garlic, minced
6 eggs
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 pound Gruyere cheese, cut into small cubes

Preheat the oven broiler.

Microwave the asparagus in a little water until tender.

In a large ovenproof nonstick skillet, heat the oil for 30 seconds. Add the garlic and cook for 1 minute. Add the sliced asparagus and cook for 2 minutes. If using spears, arrange spoke-fashion in the skillet.

In a medium bowl, whisk the eggs, salt and pepper. Pour over the asparagus and cook on medium for 5 minutes or until the eggs are nearly set. Sprinkle with the cheese and broil for 1 to 2 minutes, just until the eggs are set and the cheese is melted.

COOK'S NOTE: Make this 1/2 hour ahead and serve warm or at room temperature.

Per Serving (excluding unknown items): 289 Calories; 23g Fat (73.5% calories from fat); 18g Protein; 1g Carbohydrate; trace Dietary Fiber; 349mg Cholesterol; 467mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 3 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	289	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.5%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	23g	Folacin (mcg):	39mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	349mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	18g
Sodium (mg):	467mg
Potassium (mg):	128mg
Calcium (mg):	329mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	712IU
Vitamin A (r.e.):	209RE

Alcohol (kcal):
% Refuse: n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 289 **Calories from Fat:** 213

% Daily Values*

Total Fat 23g	36%
Saturated Fat 9g	43%
Cholesterol 349mg	116%
Sodium 467mg	19%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 18g	
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Vitamin A	14%
Vitamin C	0%
Calcium	33%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.