



## 8 Minute Frittata

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 4 eggs
- 0.5 cup bell pepper green chopped
- 0.5 cup cheddar cheese shredded kraft
- 1 Tbsp water

## Equipment

- whisk
- microwave

## Directions

- Spray 8-inch microwavable pie plate with cooking spray.
- Add eggs and water; beat with wire whisk until well blended.
- Sprinkle with cheese and green pepper.
- Microwave on HIGH 6 min. or until eggs are set and cheese is melted.

## Nutrition Facts

**PROTEIN 29.19%** **FAT 65.86%** **CARBS 4.95%**

## Properties

Glycemic Index:18.5, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:14.263043507286%

## Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 248.55kcal (12.43%), Fat: 18.04g (27.75%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.31g (1.46%), Cholesterol: 355.61mg (118.54%), Sodium: 311.21mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Selenium: 35.01µg (50.02%), Vitamin C: 29.95mg (36.3%), Vitamin B2: 0.54mg (31.6%), Phosphorus: 311.08mg (31.11%), Calcium: 252.96mg (25.3%), Vitamin B12: 1.08µg (18.04%), Vitamin A: 896.09IU (17.92%), Vitamin B5: 1.5mg (15.03%), Zinc: 2.22mg (14.81%), Vitamin D: 1.93µg (12.86%), Folate: 51.02µg (12.75%), Vitamin B6: 0.25mg (12.63%), Iron: 1.71mg (9.51%), Vitamin E: 1.27mg (8.49%), Potassium: 208.38mg (5.95%), Magnesium: 21.99mg (5.5%), Copper: 0.1mg (4.92%), Vitamin B1: 0.06mg (4.31%), Manganese: 0.07mg (3.65%), Vitamin K: 3.7µg (3.52%), Fiber: 0.63g (2.53%), Vitamin B3: 0.26mg (1.3%)