



## All-in-One Spaghetti Frittata

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 14 oz canned tomatoes diced undrained canned
- 8 eggs beaten
- 0.8 lb mushrooms fresh sliced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 Tbsp olive oil
- 1 onion sliced
- 0.5 lb pasta like spaghetti whole wheat uncooked
- 1 zucchini sliced

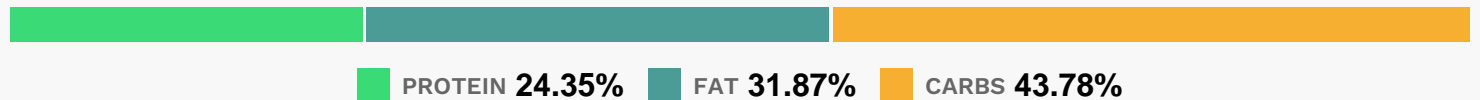
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350F.
- Cook spaghetti as directed on package, omitting salt.
- Meanwhile, heat oil in large ovenproof skillet on medium-high heat.
- Add mushrooms and onions; cook and stir 5 min. or until onions are crisp-tender.
- Add zucchini and tomatoes; cook 10 min. or until most of the liquid is evaporated, stirring occasionally.
- Drain spaghetti; place in large bowl.
- Add eggs and 1/2 cup cheese; mix lightly.
- Add to vegetables in skillet; stir. Cook on medium-low heat 5 min.; top with remaining cheese.
- Bake 10 min. or until center is set.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:17.002608879753%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 240.06kcal (12%), Fat: 8.86g (13.63%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 25.99g (9.45%), Sugar: 3.54g (3.93%), Cholesterol: 172.64mg (57.55%), Sodium: 227.02mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.47%), Selenium: 40.34µg (57.63%), Manganese: 1mg (49.95%), Vitamin B2: 0.51mg (29.94%), Phosphorus: 284.38mg (28.44%), Vitamin B3: 3.52mg (17.58%), Copper: 0.35mg (17.58%), Vitamin B5: 1.73mg (17.27%), Calcium: 169.22mg (16.92%), Magnesium: 64.11mg (16.03%), Vitamin B1: 0.23mg (15.51%), Vitamin B6: 0.3mg (15.18%), Iron: 2.65mg (14.74%), Folate: 57.79µg (14.45%), Zinc: 2.02mg (13.45%), Vitamin C: 10.91mg (13.22%), Potassium: 445.97mg (12.74%), Vitamin B12: 0.52µg (8.72%), Vitamin A: 412.26IU (8.25%), Vitamin E: 1.11mg (7.38%), Vitamin D: 1.01µg (6.71%), Fiber: 1.4g (5.6%), Vitamin K: 3.96µg (3.77%)