



## Angela's Vegetable Frittata

 Gluten Free

READY IN



36 min.

SERVINGS



8

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 8 large eggs
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 2 large leeks
- 0.5 cup milk
- 2 tablespoons olive oil
- 3 oz parmesan cheese shredded
- 0.5 teaspoon pepper freshly ground

- 1 cup potatoes diced cooked
- 0.8 teaspoon salt divided
- 1 pound summer squash sliced

## Equipment

- frying pan
- oven
- blender

## Directions

- Preheat oven to 45
- Remove and discard root ends and dark green tops of leeks.
- Cut in half lengthwise, and rinse thoroughly under cold running water to remove grit and sand. Thinly slice leeks.
- Saut leeks in 1 Tbsp. hot oil in a 10-inch ovenproof skillet over medium-high heat 4 to 5 minutes or until tender.
- Remove from skillet. Saut potato in remaining 1 Tbsp. oil in skillet 3 to 4 minutes or until golden.
- Add squash, and saut 10 minutes. Stir in leeks, parsley, thyme, pepper, and 1/2 tsp. salt until blended.
- Process eggs, milk, 1/2 cup Parmesan cheese, 1/4 cup water and remaining 1/4 tsp. salt in a blender until blended; pour over leek mixture in skillet. Cook over medium heat, without stirring, 2 minutes or until edges of frittata are set. (Edges should appear firm when pan is gently shaken; the top layer should appear wet.)
- Sprinkle with remaining 1/4 cup cheese.
- Bake at 450 for 10 to 12 minutes or until center is set.

## Nutrition Facts



## Properties

Glycemic Index:40.22, Glycemic Load:5.04, Inflammation Score:-7, Nutrition Score:13.63608703406%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 196.92kcal (9.85%), Fat: 11.7g (17.99%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.55g (3.47%), Sugar: 3.33g (3.7%), Cholesterol: 195.06mg (65.02%), Sodium: 472.94mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Vitamin K: 31.75µg (30.23%), Selenium: 18.45µg (26.36%), Phosphorus: 233.39mg (23.34%), Vitamin C: 19.01mg (23.04%), Vitamin B2: 0.38mg (22.48%), Calcium: 200.02mg (20%), Vitamin A: 953.43IU (19.07%), Vitamin B6: 0.36mg (17.93%), Folate: 60.72µg (15.18%), Manganese: 0.28mg (14.17%), Potassium: 408.81mg (11.68%), Vitamin B12: 0.65µg (10.92%), Iron: 1.95mg (10.83%), Vitamin B5: 1.07mg (10.75%), Vitamin E: 1.34mg (8.96%), Magnesium: 35.33mg (8.83%), Zinc: 1.28mg (8.55%), Vitamin D: 1.22µg (8.14%), Fiber: 1.68g (6.74%), Copper: 0.13mg (6.38%), Vitamin B1: 0.1mg (6.35%), Vitamin B3: 0.74mg (3.7%)