



Artichoke and Mushroom Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 baby artichokes trimmed halved
- 4 ounces crimini mushrooms fresh thinly sliced (baby bella)
- 6 large eggs
- 2 garlic clove chopped
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 4 tablespoons sharp cheddar cheese divided grated

Equipment

- bowl

- frying pan
- knife
- whisk
- broiler
- spatula

Directions

- Heat 2 tablespoons oil in medium skillet over medium-high heat.
- Add artichokes to skillet; sprinkle with salt and pepper and sauté until beginning to brown around edges, about 4 minutes.
- Add garlic and 1/2 cup water, reduce heat to medium-low, cover, and simmer until artichokes are tender when base is pierced with small sharp knife, about 10 minutes. Uncover and boil until any liquid remaining in skillet evaporates.
- Remove from heat.
- Preheat broiler.
- Whisk eggs and 2 tablespoons cheese in large bowl.
- Sprinkle with salt and pepper.
- Heat 2 tablespoons oil in medium nonstick ovenproof skillet over medium-high heat.
- Add mushrooms; sauté until browned, about 5 minutes. Pat artichokes dry; add to skillet and stir 2 minutes.
- Add eggs; stir to blend. Reduce heat to medium, cover, and cook until eggs are almost set, about 5 minutes.
- Sprinkle with remaining 2 tablespoons cheese.
- Transfer frittata to broiler. Broil just until set in center, about 1 minute. Using rubber spatula, loosen edges of frittata and slide out onto platter.
- Serve warm or at room temperature.
- Nutrition Data

Nutrition Facts



■ PROTEIN 19.91% ■ FAT 59.23% ■ CARBS 20.86%

Properties

Glycemic Index:9.5, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:10.866521628007%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 251kcal (12.55%), Fat: 17.51g (26.94%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 7.62g (2.77%), Sugar: 2.59g (2.88%), Cholesterol: 196mg (65.33%), Sodium: 279.56mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.49%), Selenium: 23.24µg (33.19%), Vitamin A: 1382.36IU (27.65%), Fiber: 6.25g (25.02%), Vitamin B2: 0.37mg (21.55%), Phosphorus: 169.01mg (16.9%), Iron: 2.85mg (15.83%), Calcium: 143.67mg (14.37%), Vitamin E: 1.95mg (12.98%), Vitamin B5: 1.1mg (10.97%), Vitamin B12: 0.57µg (9.5%), Zinc: 1.23mg (8.21%), Folate: 30.35µg (7.59%), Vitamin D: 1.08µg (7.19%), Copper: 0.14mg (6.84%), Vitamin B6: 0.13mg (6.25%), Vitamin K: 6.03µg (5.74%), Potassium: 165.47mg (4.73%), Vitamin B3: 0.77mg (3.84%), Vitamin C: 2.58mg (3.13%), Manganese: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.86%), Magnesium: 10.65mg (2.66%)