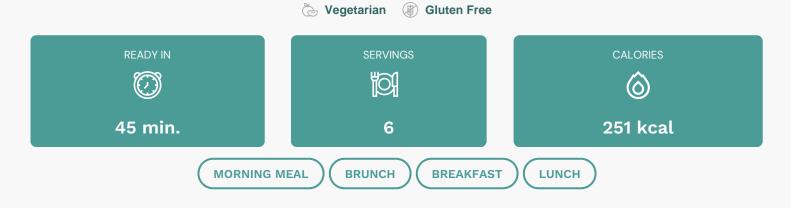


Artichoke and Mushroom Frittata



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
Di	rections
	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

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 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: Og (100%), Alcohol %: O% (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%)