



Artichoke and Spinach Frittata



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 cups artichoke hearts quartered ()
- ☐ 1 handful optional: dill chopped ()
- ☐ 6 eggs
- ☐ 0.5 cup feta crumbled ()
- ☐ 2 cloves garlic chopped ()
- ☐ 0.3 cup greek yogurt
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced ()

- ☐ 6 servings salt and pepper to taste
- ☐ 10 ounce pkt spinach fresh frozen thawed roughly chopped (, or that is and squeezed of excess liquid)

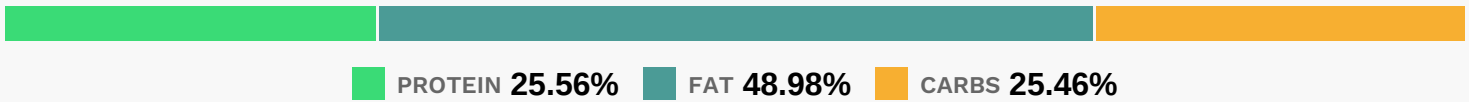
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add the spinach and cook until it wilts.
- ☐ Mix the artichokes, eggs, yogurt, salt, pepper, dill, spinach and feta in a bowl.
- ☐ Pour the egg mixture into the pan and cook until the eggs are almost set, about 10–15 minutes.
- ☐ Transfer the pan into a preheated 400F oven and let the eggs finish cooking, about 10–15 minutes.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:20.413043695947%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 179.55kcal (8.98%), Fat: 9.44g (14.52%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 7.06g (2.57%), Sugar: 2.5g (2.77%), Cholesterol: 175.22mg (58.41%), Sodium: 1090.96mg (47.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.17%), Vitamin K: 230.04µg (219.08%), Vitamin A: 4734.43IU (94.69%), Folate: 119.42µg (29.86%), Vitamin B2: 0.42mg (24.94%), Selenium: 16.88µg (24.12%), Manganese: 0.47mg (23.74%), Vitamin C: 14.59mg (17.69%), Phosphorus: 168.75mg (16.88%), Fiber: 3.98g (15.91%), Calcium: 147.27mg (14.73%), Vitamin B6: 0.25mg (12.6%), Iron: 2.2mg (12.25%), Vitamin E: 1.78mg (11.89%), Magnesium: 47.41mg (11.85%), Vitamin B12: 0.66µg (11.02%), Potassium: 366.21mg (10.46%), Vitamin B5: 0.87mg (8.75%), Zinc: 1.26mg (8.37%), Vitamin D: 0.93µg (6.2%), Vitamin B1: 0.08mg (5.53%), Copper: 0.11mg (5.32%), Vitamin B3: 0.54mg (2.7%)