



Artichoke Frittata

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup bread crumbs dried fine
- ☐ 6 large eggs
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 12 oz marinated artichoke hearts
- ☐ 8 oz onion peeled chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 2 cups cheddar cheese shredded

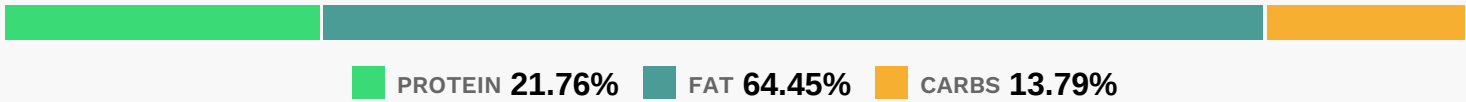
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Drain artichoke hearts, reserving 2 tablespoons marinade; discard remaining marinade. Coarsely chop artichoke hearts. In a 10- to 12-inch nonstick, ovenproof frying pan over medium-high heat, frequently stir onion and garlic in reserved marinade until onion is limp, about 5 minutes.
- ☐ Meanwhile, in a large bowl, whisk together eggs, bread crumbs, hot sauce, salt, pepper, oregano, and cheddar cheese. Stir in artichokes.
- ☐ Pour evenly into pan with onion mixture.
- ☐ Sprinkle parmesan cheese over the top.
- ☐ Transfer pan to a 350 regular or convection oven and bake until center of frittata is set and top is lightly browned, about 30 minutes.
- ☐ Serve warm or at room temperature; cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:6.6473912415297%

Flavonoids

Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 12.02g (18.49%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 4.76g (1.73%), Sugar: 1.41g (1.56%), Cholesterol: 113.25mg (37.75%), Sodium: 369.98mg (16.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.25%), Selenium: 14.23µg (20.33%), Calcium: 188.05mg (18.81%), Phosphorus: 160.57mg (16.06%), Vitamin B2: 0.22mg (12.92%), Vitamin A: 625.12IU (12.5%), Vitamin C: 7.69mg (9.32%), Zinc: 1.15mg (7.64%), Vitamin B12: 0.46µg (7.58%), Folate: 21.99µg (5.5%), Vitamin B5: 0.51mg (5.11%), Iron: 0.87mg (4.83%), Vitamin B6: 0.09mg (4.59%), Vitamin D: 0.62µg (4.16%), Fiber: 1.03g (4.13%), Manganese: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.22%), Magnesium: 12.22mg (3.05%), Vitamin E: 0.42mg (2.82%), Potassium: 86.92mg (2.48%), Copper: 0.04mg (2.04%), Vitamin K: 1.13µg (1.08%), Vitamin B3: 0.21mg (1.06%)