



Arugula and Fontina Frittata

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 7 cups baby arugula packed
- 0.3 teaspoon pepper black
- 6 large eggs
- 0.3 lb fontina cut into 1/2-inch cubes
- 1 garlic clove halved
- 1.5 tablespoons olive oil extra virgin extra-virgin
- 0.5 teaspoon salt

Equipment

- frying pan
- whisk
- broiler

Directions

- Preheat broiler.
- Cook garlic in oil in a 10-inch well-seasoned cast-iron or other ovenproof skillet over moderate heat, stirring occasionally, until golden, about 2 minutes. Discard garlic and add arugula, then cook, stirring frequently, until wilted, 1 to 2 minutes.
- Whisk together eggs, salt, and pepper until combined, then pour over arugula in skillet and cook, undisturbed, over moderate heat until almost set, 5 to 6 minutes.
- Sprinkle cheese evenly on top and broil 4 to 5 inches from heat until eggs are just set and cheese is melted, 1 to 2 minutes.

Nutrition Facts

PROTEIN 25.8% **FAT 70.43%** **CARBS 3.77%**

Properties

Glycemic Index:30.25, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:14.644782771235%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 12.21mg, Kaempferol: 12.21mg, Kaempferol: 12.21mg, Kaempferol: 12.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 274.12kcal (13.71%), Fat: 21.44g (32.98%), Saturated Fat: 8.55g (53.42%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.44g (1.6%), Cholesterol: 311.89mg (103.96%), Sodium: 633.69mg (27.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Vitamin K: 42.49µg (40.47%), Selenium: 27.35µg (39.08%), Vitamin A: 1495.13IU (29.9%), Phosphorus: 266.13mg (26.61%), Calcium: 256.07mg (25.61%), Vitamin B2: 0.43mg (25.4%), Vitamin B12: 1.14µg (19.06%), Folate: 70.94µg (17.74%), Vitamin B5: 1.43mg (14.31%), Zinc: 2.14mg (14.23%), Vitamin E: 1.77mg (11.82%), Vitamin D: 1.67µg (11.13%), Iron: 1.95mg (10.81%), Vitamin B6: 0.19mg (9.31%), Manganese: 0.17mg (8.33%), Magnesium: 29.83mg (7.46%), Potassium: 255.57mg (7.3%), Vitamin C: 5.48mg (6.65%), Copper: 0.09mg (4.59%), Vitamin B1: 0.05mg (3.53%), Fiber: 0.61g (2.43%), Vitamin B3:

0.21mg (1.06%)