



 3%
HEALTH SCORE

Baby Eggplant, Olive, and Herb-Cheese Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



575 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 5 peas split stemmed (plum-size)
- 5.2 ounce philadelphia cheese and herb cooking creme with herbs and garlic, divided
- 3 tablespoons brine-packed olives green pitted coarsely chopped
- 4 large eggs
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 2 tablespoons olive oil

0.3 teaspoon salt

Equipment

bowl

frying pan

whisk

spatula

Directions

Heat oil in medium 10-inch nonstick skillet over medium heat.

Add eggplant halves, cut side down, spacing evenly. Cover; cook until tender, about 10 minutes.

Whisk eggs, olives, basil, and salt in bowl.

Sprinkle with pepper. Coarsely crumble half of cheese into eggs; stir to blend.

Pour over eggplants, rearranging evenly in pan. Cook uncovered over medium heat until sides set and bottom begins to brown, loosening sides occasionally with spatula, about 5 minutes.

Sprinkle with remaining cheese. Cover; cook until set, about 7 minutes.

Nutrition Facts

 **PROTEIN 12.52%** **FAT 84.88%** **CARBS 2.6%**

Properties

Glycemic Index:92.17, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:12.550869470057%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 574.7kcal (28.74%), Fat: 54.04g (83.14%), Saturated Fat: 25.39g (158.71%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.52g (1.28%), Sugar: 3.06g (3.4%), Cholesterol: 448.24mg (149.41%), Sodium: 1544.6mg (67.16%), Alcohol: 0g (100%), Protein: 17.94g (35.88%), Selenium: 30.76µg (43.94%), Vitamin A: 1532.27IU (30.65%), Vitamin B2: 0.46mg (27.26%), Vitamin K: 25.95µg (24.71%), Vitamin E: 3.1mg (20.68%), Phosphorus: 202.94mg

(20.29%), Vitamin B5: 1.54mg (15.44%), Vitamin B12: 0.89µg (14.83%), Vitamin D: 2µg (13.33%), Folate: 51.35µg (12.84%), Calcium: 114.81mg (11.48%), Iron: 1.99mg (11.08%), Zinc: 1.35mg (9.03%), Vitamin B6: 0.18mg (9.02%), Copper: 0.09mg (4.6%), Potassium: 156.1mg (4.46%), Manganese: 0.08mg (4.25%), Magnesium: 15.39mg (3.85%), Vitamin B1: 0.05mg (3.2%), Vitamin C: 1.72mg (2.08%)