



Baby Eggplant, Olive, and Herb-Cheese Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



574 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 baby purple eggplants 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 olive oil
- ☐ 0.3 teaspoon salt

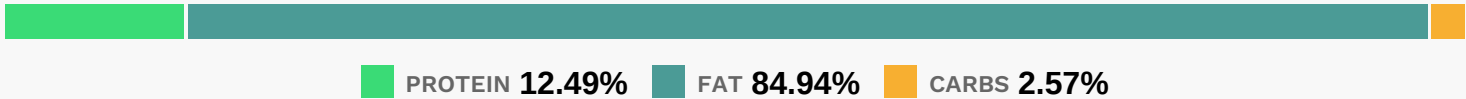
Equipment

- ☐ 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



Properties

Glycemic Index:57.17, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:11.925652154114%

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: 574.24kcal (28.71%), Fat: 54.03g (83.12%), Saturated Fat: 25.39g (158.71%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.49g (1.27%), Sugar: 3.05g (3.39%), Cholesterol: 448.24mg (149.41%), Sodium: 1544.52mg (67.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.75%), Selenium: 30.75µg (43.93%), Vitamin A: 1426.77IU (28.54%), Vitamin B2: 0.46mg (27.17%), Vitamin E: 3.09mg (20.57%), Phosphorus: 201.82mg (20.18%), Vitamin K: 17.65µg (16.81%), Vitamin B5: 1.54mg (15.4%), Vitamin B12: 0.89µg (14.83%), Vitamin D: 2µg (13.33%),

Folate: 49.99µg (12.5%), Calcium: 111.27mg (11.13%), Iron: 1.93mg (10.73%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.18mg (8.87%), Potassium: 150.2mg (4.29%), Copper: 0.08mg (4.22%), Magnesium: 14.11mg (3.53%), Vitamin B1: 0.05mg (3.16%), Manganese: 0.06mg (3.1%), Vitamin C: 1.36mg (1.65%)