



Baby Vidalia Onion Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 16 ounce carton egg substitute
- 1 garlic clove minced
- 0.1 teaspoon hot sauce
- 1 tablespoon butter light melted
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 3 ounces sharp cheddar cheese shredded reduced-fat
- 0.8 pound baby vidalia onions with some green tops (2 cups), thinly sliced

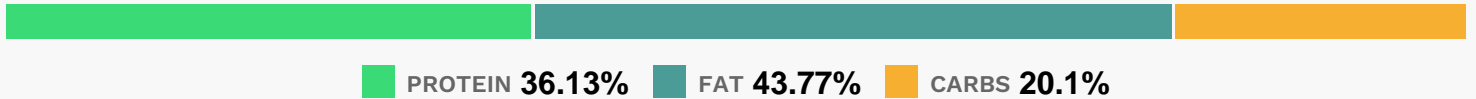
Equipment

- frying pan
- broiler

Directions

- Melt butter in a 10-inch ovenproof skillet over medium heat.
- Add onions and garlic; cook 5 minutes or until tender, stirring occasionally.
- Arrange onion mixture evenly in bottom of pan.
- Combine egg substitute and next 3 ingredients; pour evenly over onion mixture. Reduce heat to medium-low; cook, uncovered, 8 minutes or until almost set (mixture will still be wet on top).
- Preheat broiler.
- Broil frittata 3 minutes; sprinkle with cheese, and broil 1 minute or until cheese melts.
- Let stand 5 minutes before cutting into 8 wedges.
- carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:14.21478262155%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 187.31kcal (9.37%), Fat: 9.23g (14.21%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.73g (3.17%), Sugar: 6.62g (7.35%), Cholesterol: 24.97mg (8.32%), Sodium: 521.58mg (22.68%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.3%), Selenium: 53.42µg (76.32%), Vitamin B2: 0.55mg (32.48%), Calcium: 253.8mg (25.38%), Vitamin B5: 2.06mg (20.6%), Phosphorus: 204.54mg (20.45%), Vitamin B6: 0.29mg (14.31%), Iron: 2.57mg (14.25%), Vitamin E: 2.04mg (13.58%), Zinc: 2.02mg (13.48%), Vitamin D: 1.98µg (13.18%), Vitamin B1: 0.18mg (11.94%), Vitamin A: 529.43IU (10.59%), Folate: 42.26µg (10.56%), Potassium: 366.48mg (10.47%), Vitamin B12: 0.62µg (10.26%), Magnesium: 30.99mg (7.75%), Vitamin C: 4.98mg (6.03%), Manganese: 0.1mg (5.12%), Copper: 0.08mg (4.18%), Fiber: 0.81g (3.25%), Vitamin B3: 0.29mg (1.45%), Vitamin K: 1.38µg (1.31%)