



Baked Frittata Ribbons in Tomato Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 large egg whites
- 4 large eggs
- 2 tablespoons basil fresh finely chopped
- 0.3 cup flat-leaf parsley fresh finely chopped
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 2 garlic cloves minced
- 2 cups onion finely chopped

- 1 ounce pecorino romano cheese fresh grated
- 2.5 pounds plum tomatoes peeled seeded chopped
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- whisk
- ramekin
- broiler
- cutting board

Directions

- To prepare sauce, heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add onion, 2 tablespoons parsley, basil, and garlic; cook 7 minutes or until onion is tender, stirring frequently. Stir in the tomatoes and 1/2 teaspoon salt. Cover, reduce heat to medium-low, and cook 15 minutes, stirring occasionally.
- Preheat broiler.
- To prepare frittata, combine 1/4 cup parsley and next 4 ingredients (parsley through egg whites), stirring with a whisk until well blended.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add half of egg mixture, and cook 2 minutes or until bottom is set. Carefully turn frittata over. Cook 1 minute.
- Place cooked frittata on a cutting board. Repeat procedure with remaining egg mixture.
- Roll up cooked frittatas, jelly-roll fashion, and cut into 1/4-inch-thick slices.
- Combine sauce, frittata ribbons, and cheese in a medium bowl, tossing to coat. Divide the frittata mixture evenly among 6 (6-ounce) ramekins or custard cups. Broil 2 minutes or until cheese melts and mixture is thoroughly heated.

Nutrition Facts



■ PROTEIN 29.95% ■ FAT 31.62% ■ CARBS 38.43%

Properties

Glycemic Index:48, Glycemic Load:3.22, Inflammation Score:-9, Nutrition Score:16.84478247684%

Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 4.95g (7.62%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 10.2g (3.71%), Sugar: 7.59g (8.43%), Cholesterol: 128.91mg (42.97%), Sodium: 348.29mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.11%), Vitamin K: 81.13µg (77.27%), Vitamin C: 35.37mg (42.87%), Vitamin A: 2133.65IU (42.67%), Selenium: 15.74µg (22.48%), Vitamin B2: 0.32mg (18.95%), Potassium: 640.07mg (18.29%), Phosphorus: 170.29mg (17.03%), Manganese: 0.34mg (16.93%), Folate: 61.68µg (15.42%), Vitamin B6: 0.29mg (14.71%), Fiber: 3.35g (13.42%), Calcium: 110.42mg (11.04%), Vitamin E: 1.43mg (9.52%), Magnesium: 37.22mg (9.31%), Copper: 0.18mg (8.77%), Iron: 1.55mg (8.58%), Vitamin B5: 0.83mg (8.3%), Vitamin B1: 0.12mg (7.74%), Zinc: 1.03mg (6.87%), Vitamin B3: 1.3mg (6.5%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.69µg (4.6%)