



## Banana Frittata

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 2 large bananas sliced
- 0.5 tablespoon butter
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 cup milk
- 1 pinch salt
- 2 tablespoons vegetable oil
- 2 tablespoons sugar white

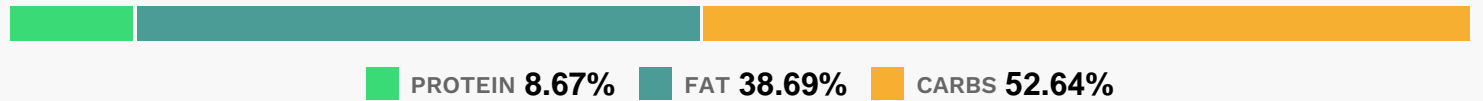
# Equipment

- bowl
- frying pan

# Directions

- In a bowl, combine the flour, salt and sugar. Gradually pour in the milk, stirring constantly, until a smooth batter is formed.
- Add the eggs, one at time, stirring well each addition. Stir in sliced bananas.
- Heat oil and butter in a nine inch non-stick skillet over medium heat.
- Pour the mixture in by spoonfuls, spreading the mixture evenly across the pan. When the bottom has turned a golden brown, turn the frittata and cook over low heat until golden brown on the other side.
- Sprinkle with sugar and serve warm.

# Nutrition Facts



# Properties

Glycemic Index:95.96, Glycemic Load:27.48, Inflammation Score:-4, Nutrition Score:11.1900000036488%

# Flavonoids

Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 338.35kcal (16.92%), Fat: 14.93g (22.97%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 42.78g (15.56%), Sugar: 20.19g (22.43%), Cholesterol: 116.58mg (38.86%), Sodium: 78.71mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.05%), Selenium: 17.43µg (24.9%), Vitamin B6: 0.4mg (20.21%), Manganese: 0.4mg (19.81%), Vitamin B2: 0.33mg (19.62%), Folate: 70.11µg (17.53%), Vitamin K: 17.5µg (16.67%), Vitamin B1: 0.21mg (14.33%), Phosphorus: 121.62mg (12.16%), Potassium: 418.58mg (11.96%), Fiber: 2.92g (11.68%), Iron: 1.72mg (9.57%), Vitamin C: 7.89mg (9.56%), Vitamin B3: 1.88mg (9.39%), Vitamin B5: 0.92mg (9.22%), Magnesium: 35.07mg (8.77%), Vitamin E: 1.22mg (8.11%), Vitamin B12: 0.37µg (6.25%), Vitamin A: 307.68IU

(6.15%), Copper: 0.12mg (6.13%), Vitamin D: 0.81µg (5.4%), Zinc: 0.75mg (4.98%), Calcium: 49.74mg (4.97%)