



Basil-Potato Frittata



Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients



2 cups baking potato diced 1 large



1 tablespoon balsamic vinegar



4 egg whites lightly beaten



3 eggs lightly beaten



1 tablespoon basil fresh chopped



0.5 teaspoon hot sauce



0.5 cup onion separated thinly sliced



0.5 ounce parmesan cheese fresh divided finely grated

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

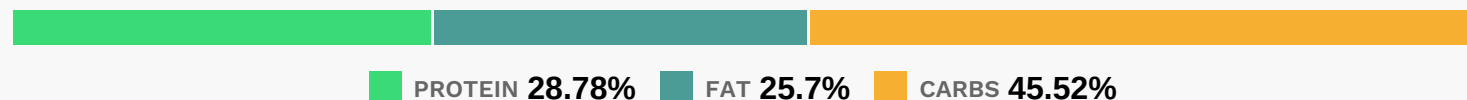
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Place the diced potato in a medium saucepan; cover with water, and bring to a boil. Cook 7 minutes or until tender.
- ☐ Drain and let cool.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add onion; saut 6 minutes or until tender.
- ☐ Remove from heat, and set aside.
- ☐ Combine 3 tablespoons of cheese, basil, and the next 5 ingredients (basil through eggs) in a medium bowl; stir in potato and onion. Wipe skillet with paper towels, and recoat with cooking spray.
- ☐ Place skillet over medium heat until hot.
- ☐ Add egg mixture, and cook 6 minutes or until almost set.
- ☐ Wrap handle of skillet with foil, and broil 1 1/2 minutes. Top with remaining cheese, and broil for 30 seconds or until cheese melts.
- ☐ Drizzle vinegar over the frittata, and cut into 4 wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:64.69, Glycemic Load:11.45, Inflammation Score:-3, Nutrition Score:8.3108695589978%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 147.62kcal (7.38%), Fat: 4.19g (6.45%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.37g (5.59%), Sugar: 2.28g (2.54%), Cholesterol: 125.17mg (41.72%), Sodium: 463.19mg (20.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Selenium: 17.33µg (24.76%), Vitamin B2: 0.33mg (19.13%), Vitamin B6: 0.35mg (17.26%), Phosphorus: 142.58mg (14.26%), Potassium: 446.39mg (12.75%), Manganese: 0.17mg (8.44%), Vitamin B5: 0.83mg (8.31%), Calcium: 79.3mg (7.93%), Folate: 31.63µg (7.91%), Iron: 1.37mg (7.59%), Vitamin C: 6.22mg (7.54%), Magnesium: 28.98mg (7.24%), Copper: 0.12mg (6.07%), Vitamin B12: 0.36µg (6.05%), Vitamin B1: 0.09mg (5.79%), Fiber: 1.32g (5.3%), Zinc: 0.79mg (5.29%), Vitamin A: 234.21IU (4.68%), Vitamin D: 0.68µg (4.52%), Vitamin B3: 0.87mg (4.36%), Vitamin K: 3.68µg (3.5%), Vitamin E: 0.37mg (2.47%)