



## Bethenny's Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 eggs
- 2 egg whites
- 1 tablespoon feta grated crumbled
- 1 cup vegetables sliced (onion, tomato, and zucchini)
- 1 serving salt and pepper to taste

## Equipment

- frying pan
- oven

whisk

## Directions

Preheat oven to 35

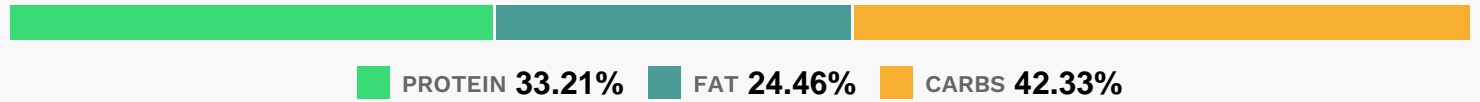
Coat a small nonstick ovenproof pan with cooking spray, and saut veggies over medium heat.

Whisk together the next 3 ingredients (through salt and pepper); pour into pan, and stir until slightly solidified.

Bake 15–20 minutes or until almost firm.

Sprinkle frittata with cheese, and bake until firm; serve.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:7.79, Inflammation Score:-10, Nutrition Score:19.286521785285%

## Nutrients (% of daily need)

Calories: 230.2kcal (11.51%), Fat: 6.52g (10.04%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 18.13g (6.59%), Sugar: 0.63g (0.7%), Cholesterol: 167.08mg (55.69%), Sodium: 521.51mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Vitamin A: 9518.61IU (190.37%), Selenium: 27.36µg (39.09%), Vitamin B2: 0.64mg (37.4%), Fiber: 7.28g (29.12%), Phosphorus: 238.2mg (23.82%), Manganese: 0.46mg (23.22%), Vitamin C: 18.93mg (22.94%), Folate: 76.21µg (19.05%), Vitamin B1: 0.24mg (16.27%), Potassium: 549mg (15.69%), Magnesium: 57.76mg (14.44%), Iron: 2.59mg (14.39%), Calcium: 133.66mg (13.37%), Vitamin B6: 0.26mg (12.85%), Vitamin B3: 2.39mg (11.94%), Vitamin B5: 1.11mg (11.08%), Copper: 0.22mg (10.82%), Zinc: 1.54mg (10.28%), Vitamin B12: 0.51µg (8.43%), Vitamin D: 0.9µg (6.03%), Vitamin E: 0.47mg (3.15%)