



Braised Kale Frittata

 Gluten Free

READY IN



42 min.

SERVINGS



4

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup cherry tomatoes chopped
- ☐ 4 large egg whites
- ☐ 6 large eggs
- ☐ 2 cups braised kale without cheese drained finely chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons oregano chopped
- ☐ 3 TBSP parmesan cheese grated

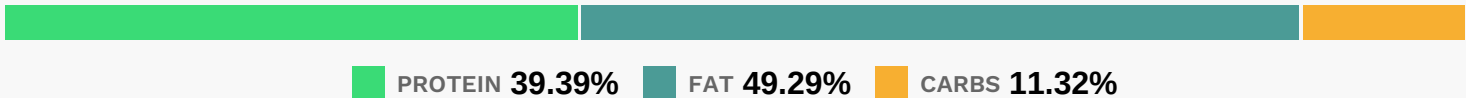
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375F. In a large bowl, whisk the first 6 ingredients (through oregano).
- ☐ Lightly coat an 8-inch ovenproof cast-iron or nonstick skillet with cooking spray.
- ☐ Heat over medium.
- ☐ Add the kale and tomatoes. Cook, stirring, until hot (about 3 minutes).
- ☐ Add the eggs and swirl to distribute.
- ☐ Transfer to the oven and bake until set and hot (about 20 minutes).
- ☐ Cut in wedges.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:15.666956569837%

Flavonoids

Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 155.07kcal (7.75%), Fat: 8.46g (13.01%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.43g (1.58%), Cholesterol: 281.55mg (93.85%), Sodium: 666.7mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.21g (30.42%), Vitamin K: 57.97µg (55.21%), Selenium: 30.83µg (44.04%), Vitamin A: 1663.74IU (33.27%), Vitamin B2: 0.56mg (32.72%), Phosphorus: 197.17mg (19.72%), Vitamin C: 16.23mg (19.68%), Calcium: 159.76mg (15.98%), Iron: 2.68mg (14.86%), Manganese: 0.28mg (14.08%), Folate:

52.94µg (13.24%), Vitamin B5: 1.3mg (13.02%), Vitamin B12: 0.74µg (12.37%), Vitamin D: 1.52µg (10.13%), Vitamin E: 1.48mg (9.87%), Vitamin B6: 0.2mg (9.84%), Potassium: 293.1mg (8.37%), Zinc: 1.23mg (8.21%), Fiber: 1.75g (7.01%), Magnesium: 27.45mg (6.86%), Copper: 0.11mg (5.44%), Vitamin B1: 0.06mg (3.96%), Vitamin B3: 0.49mg (2.46%)