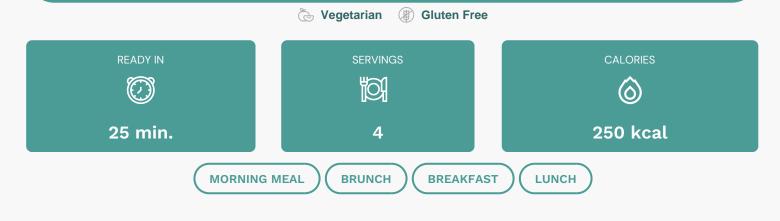


Broccoli and Cheddar Frittata



Ingredients

4 :	servings pepper black freshly ground
2	cups broccoli cooked chopped
8	large eggs
2	teaspoons olive oil
1 c	cup onion red sliced
O.	3 teaspoon salt
2	ounces cheddar cheese shredded extra-sharp
2	tablespoons water

Εq	juipment
	bowl
	frying pan
	whisk
	broiler
Di	rections
	Watch how to make this recipe.
	Separate 4 of the eggs, putting the whites into a medium sized bowl and discarding the yolks (or saving them for another purpose).
	Add the remaining 4 whole eggs and 2 tablespoons of water to the whites and whisk well.
	In a medium ovenproof nonstick skillet heat the oil over a medium flame.
	Add the onion and cook until it begins to soften, about 5 minutes.
	Add the broccoli and cook for another 2 minutes. Season with salt and a few turns of pepper.
	Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce the heat to medium-low, cover, and let cook until the egg mixture has set around the edges but is somewhat liquid in the middle, about 8 minutes.
	Sprinkle with the cheese.
	Meanwhile, preheat the broiler.
	Place the skillet under the broiler about 2 inches from the heat until the surface is set and golden brown, 1 to 2 minutes. Be careful not to overcook or the egg mixture will become tough.
	Cut the frittata into 8 wedges and serve.
	Nutrition Facts
	PROTEIN 28.11% FAT 59.45% CARBS 12.44%

Properties

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isor

Nutrients (% of daily need)

Calories: 249.72kcal (12.49%), Fat: 16.54g (25.44%), Saturated Fat: 6.2g (38.72%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.86g (3.18%), Cholesterol: 386.17mg (128.72%), Sodium: 396.6mg (17.24%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.59g (35.19%), Selenium: 36.02µg (51.45%), Vitamin C: 42.21mg (51.16%), Vitamin K: 47.05µg (44.81%), Vitamin B2: 0.58mg (34.23%), Phosphorus: 303.72mg (30.37%), Folate: 85.31µg (21.33%), Vitamin A: 957.51U (19.15%), Vitamin B5: 1.89mg (18.94%), Calcium: 186.87mg (18.69%), Vitamin B12: 1.04µg (17.34%), Vitamin B6: 0.31mg (15.25%), Vitamin D: 2.09µg (13.9%), Zinc: 2.06mg (13.74%), Iron: 2.2mg (12.22%), Vitamin E: 1.8mg (11.98%), Potassium: 347.73mg (9.94%), Manganese: 0.19mg (9.33%), Fiber: 1.85g (7.4%), Magnesium: 29.32mg (7.33%), Vitamin B1: 0.09mg (6.26%), Copper: 0.12mg (5.82%), Vitamin B3: 0.41mg (2.06%)