



Broccoli and Cheddar Frittata

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 servings pepper black freshly ground
- 2 cups broccoli cooked chopped
- 8 large eggs
- 2 teaspoons olive oil
- 1 cup onion red sliced
- 0.3 teaspoon salt
- 2 ounces cheddar cheese shredded extra-sharp

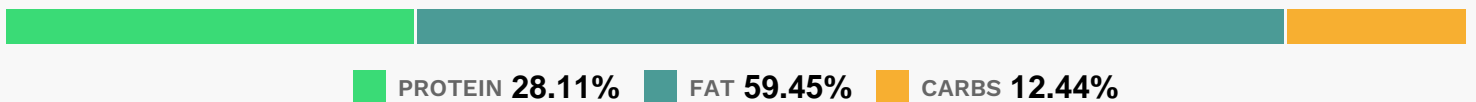
Equipment

- bowl
- frying pan
- whisk
- broiler

Directions

- Watch how to make this recipe.
- Separate 4 of the eggs, putting the whites into a medium sized bowl and discarding the yolks.
- Add the 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



Properties

Glycemic Index:29.5, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:18.37304353714%

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, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

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: 396.23mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (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: 957.5IU (19.15%), Vitamin B5: 1.89mg (18.94%), Calcium: 186.65mg (18.66%), Vitamin B12: 1.04µg (17.34%), Vitamin B6: 0.31mg (15.25%), Vitamin D: 2.09µg (13.9%), Zinc: 2.06mg (13.73%), 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: 29.24mg (7.31%), Vitamin B1: 0.09mg (6.26%), Copper: 0.12mg (5.76%), Vitamin B3: 0.41mg (2.06%)