



Broccoli Frittata with Tomato Toast and Banana Milk

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 bananas ripe sliced
- ☐ 2 cups broccoli florets
- ☐ 2 large eggs plus egg whites
- ☐ 0.3 cup basil leaves fresh
- ☐ 2 cloves garlic halved
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 cups milk reduced-fat

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup swiss shredded low-fat
- ☐ 1 tomatoes ripe cut into 4 slices
- ☐ 5 slices bread whole wheat

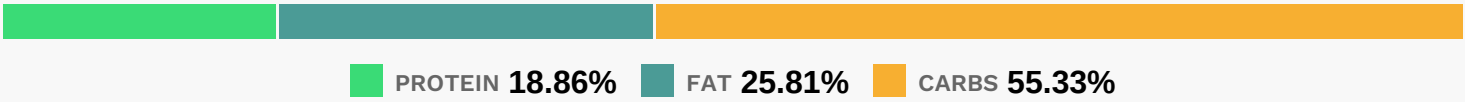
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Divide the sliced bananas among the four glasses, smash slightly and fill each glass with 3/4 cup of milk. Refrigerate until ready to serve.
- ☐ Combine the broccoli and 1 tablespoon water in a microwave-safe bowl. Cover with plastic wrap and microwave until crisp-tender, about 2 minutes.
- ☐ Let rest for a few minutes, carefully remove the plastic and drain.
- ☐ Tear up one slice of bread into small pieces and soak in the remaining 1/3 cup milk in a large bowl until soft, about 2 minutes.
- ☐ Add the broccoli, cheese, basil, eggs, 1/2 teaspoon salt and some pepper.
- ☐ Heat half of the oil in a medium nonstick pan over medium heat.
- ☐ Pour in the egg mixture and cook until the bottom begins to set, about 2 minutes. Adjust the heat to medium-low, cover and continue to cook until the middle is set, 6 to 7 minutes more.
- ☐ Meanwhile, toast the remaining bread, then rub each slice with garlic and top with a slice of tomato.
- ☐ Drizzle the toast with the remaining 1/2 tablespoon oil.
- ☐ Cut the frittata into four slices and divide among four plates along with the tomato toast.
- ☐ Serve with the banana milk.

Nutrition Facts



Properties

Glycemic Index:89.62, Glycemic Load:16.66, Inflammation Score:-8, Nutrition Score:23.929565180903%

Flavonoids

Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 293.84kcal (14.69%), Fat: 8.73g (13.42%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 36.77g (13.37%), Sugar: 19.45g (21.61%), Cholesterol: 14.16mg (4.72%), Sodium: 292.02mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.7%), Vitamin K: 85.64µg (81.56%), Vitamin C: 51.92mg (62.94%), Manganese: 1.13mg (56.49%), Vitamin B2: 0.57mg (33.28%), Calcium: 305.39mg (30.54%), Phosphorus: 294.58mg (29.46%), Selenium: 18.73µg (26.76%), Vitamin B6: 0.49mg (24.43%), Potassium: 813.25mg (23.24%), Fiber: 5.31g (21.26%), Vitamin A: 1022.25IU (20.44%), Magnesium: 81.04mg (20.26%), Vitamin B1: 0.27mg (18.22%), Folate: 70.79µg (17.7%), Vitamin B12: 0.95µg (15.88%), Vitamin B5: 1.41mg (14.05%), Vitamin B3: 2.63mg (13.17%), Zinc: 1.84mg (12.26%), Copper: 0.2mg (9.85%), Vitamin E: 1.4mg (9.31%), Iron: 1.67mg (9.28%)