



Broccoli-Rabe and Ricotta Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.8 pound broccoli rabe
- 9 eggs
- 1 clove garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 2 tablespoons olive oil
- 2 tablespoons parmesan grated
- 0.3 pound ricotta
- 0.8 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- pot

Directions

- Heat the oven to 32
- In a large pot of boiling, salted water, cook the broccoli rabe until almost tender, about 3 minutes.
- Drain. Rinse the broccoli rabe with cold water and drain thoroughly.
- Cut the broccoli rabe into 2-inch lengths and set aside.
- In a large bowl, beat the eggs with the ricotta and 1/4 teaspoon each of the salt and the pepper.
- In a medium cast-iron or ovenproof nonstick frying pan, heat the oil over moderate heat.
- Add the garlic and cook, stirring, until fragrant, about 30 seconds.
- Add the blanched broccoli rabe and the remaining 1/2 teaspoon salt and 1/4teaspoon pepper and cook, stirring, for 2 minutes.
- Evenly distribute the broccoli rabe in the pan and then add the egg mixture. Cook the frittata, without stirring, until the edges start to set, about 2 minutes.
- Sprinkle the Parmesan over the top and bake until firm, about 25 minutes.
- Wine Recommendation: Prosecco, a sparkling wine from Italy's Lombardy region, makes an unexpected accompaniment to this frittata. The wine has a crisp and almost neutral taste, making it very versatile with food. Drink it from a tumbler, as the Italians do.
- Notes: Broccoli rabe is, frankly, bitter--usually appealingly so, but sometimes the bitterness can be overwhelming. Blanching the vegetable in boiling salted water for a few minutes before proceeding with the recipe tempers its strength. The trick, used here, can be applied to almost any dish.

Nutrition Facts



■ PROTEIN 26.99% ■ FAT 66.69% ■ CARBS 6.32%

Properties

Glycemic Index:37, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:24.469130433124%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 299.48kcal (14.97%), Fat: 22.4g (34.45%), Saturated Fat: 7.69g (48.03%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.82g (0.91%), Cholesterol: 389.26mg (129.75%), Sodium: 676.79mg (29.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.79%), Vitamin K: 195.9µg (186.57%), Vitamin A: 2953.74IU (59.07%), Selenium: 37.41µg (53.44%), Vitamin B2: 0.65mg (37.97%), Phosphorus: 336.72mg (33.67%), Folate: 121.9µg (30.47%), Calcium: 257.94mg (25.79%), Vitamin E: 3.48mg (23.17%), Vitamin C: 17.41mg (21.11%), Iron: 3.8mg (21.09%), Manganese: 0.41mg (20.6%), Vitamin B5: 1.89mg (18.91%), Vitamin B12: 1.04µg (17.33%), Vitamin B6: 0.34mg (17.11%), Zinc: 2.45mg (16.35%), Vitamin D: 2.07µg (13.79%), Vitamin B1: 0.19mg (12.34%), Potassium: 351.79mg (10.05%), Fiber: 2.38g (9.5%), Magnesium: 36.47mg (9.12%), Copper: 0.12mg (6.08%), Vitamin B3: 1.17mg (5.83%)