



 **100%**
HEALTH SCORE

Butternut Squash Frittata

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



1

CALORIES



481 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 large butternut squash (with a mandoline) peeled seeded thinly sliced
- 0.5 oz goat cheese
- 0.5 cup egg substitute
- 2 tbsp skim milk
- 1 serving bell pepper to taste
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Equipment

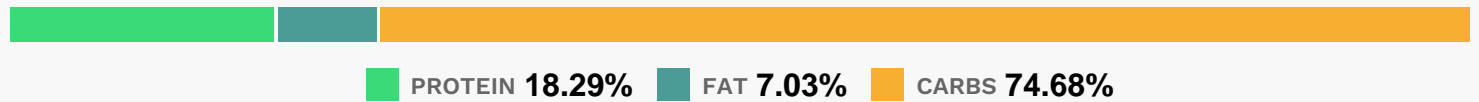
- oven

measuring cup

Directions

- Preheat oven to 350 Spray a 10 oz oven safe dish with cooking spray
- Add your butternut squash
- In a measuring cup add your eggs and milk.
- Mix until combined.
- Pour over butternut squash.
- Sprinkle with pepper and top with cheese.
- Bake in oven for 30–35 minutes, until middle is slightly firm
- Let it cool for a few minutes

Nutrition Facts



Properties

Glycemic Index:97.25, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:57.855217391304%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Taste

Sweetness: 100%, Saltiness: 35.76%, Sourness: 15.04%, Bitterness: 10.77%, Savoriness: 16.99%, Fattiness: 31.81%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 481.46kcal (24.07%), Fat: 4.21g (6.48%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 100.53g (33.51%), Net Carbohydrates: 82.4g (29.96%), Sugar: 26.8g (29.78%), Cholesterol: 7.42mg (2.47%), Sodium: 339.22mg (14.75%), Protein: 24.63g (49.26%), Vitamin A: 84867.81IU (1697.36%), Vitamin C: 348.82mg (422.81%), Vitamin E: 15.09mg (100.58%), Potassium: 3263.78mg (93.25%), Vitamin B6: 1.8mg (90.05%), Manganese: 1.7mg (85.21%), Selenium: 54.46µg (77.79%), Magnesium: 296.75mg (74.19%), Folate: 292.54µg (73.14%), Fiber: 18.13g (72.52%), Vitamin B1: 1mg (66.75%), Vitamin B5: 5.67mg (56.68%), Vitamin B3: 10.72mg (53.62%), Calcium: 517.47mg (51.75%), Vitamin B2: 0.83mg (49%), Iron: 8.54mg (47.42%), Phosphorus: 441.03mg (44.1%), Copper: 0.7mg (34.8%),

Zinc: 2.94mg (19.59%), Vitamin D: 2.31µg (15.38%), Vitamin K: 16.05µg (15.28%), Vitamin B12: 0.61µg (10.15%)