



WHATSheATE

Butternut Squash, Mushroom, Kale and Sausage Frittata



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups butternut squash cut into bite sized pieces
- ☐ 8 eggs
- ☐ 1 cup gruyere cheese shredded
- ☐ 0.5 pound sausage italian for vegetarian (omit)
- ☐ 1 cup kale
- ☐ 0.5 cup milk
- ☐ 4 ounces mushrooms sliced

- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 1 tablespoon sage thinly sliced
- ☐ 6 servings salt and pepper to taste

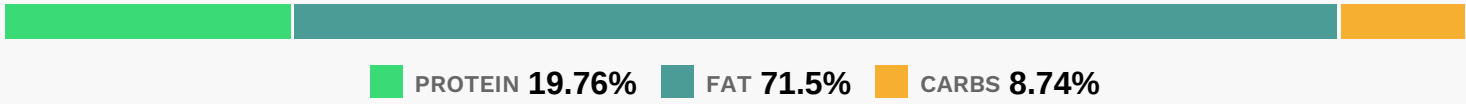
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook the Italian sausage over medium-high heat in a pan and set aside.
- ☐ Add the oil and butternut squash to the pan, cook until tender, about 7-10 minutes, and set aside.
- ☐ Add the oil, onion and mushrooms and cook until the onions are tender and the mushrooms are browned, about 7-10 minutes.
- ☐ Add the kale and saute until wilted, about 3-4 minutes.
- ☐ Mix everything in a large bowl, pour it back into the pan and cook over medium heat until the eggs are almost set, about 7-10 minutes.
- ☐ Transfer the pan to a preheated 400F oven and bake until the eggs have set, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:25.491304210995%

Flavonoids

Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 428.77kcal (21.44%), Fat: 34.25g (52.7%), Saturated Fat: 15.05g (94.06%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 7.77g (2.83%), Sugar: 3.08g (3.42%), Cholesterol: 293.58mg (97.86%), Sodium: 721.29mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Copper: 3.22mg (160.79%), Vitamin A: 6127.59IU (122.55%), Selenium: 33.28µg (47.55%), Phosphorus: 353.7mg (35.37%), Calcium: 317.7mg (31.77%), Vitamin B2: 0.53mg (31.41%), Vitamin B1: 0.33mg (22.18%), Vitamin B12: 1.26µg (20.96%), Vitamin C: 15.7mg (19.03%), Vitamin B6: 0.36mg (17.83%), Vitamin B5: 1.76mg (17.62%), Zinc: 2.57mg (17.14%), Vitamin K: 17.31µg (16.48%), Manganese: 0.29mg (14.61%), Folate: 55.06µg (13.76%), Potassium: 480.87mg (13.74%), Vitamin E: 1.97mg (13.13%), Vitamin B3: 2.61mg (13.07%), Iron: 2.16mg (12%), Vitamin D: 1.66µg (11.07%), Magnesium: 43.9mg (10.98%), Fiber: 1.65g (6.6%)