



Caramelized Onion Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 cup baking potato diced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 large egg whites lightly beaten
- ☐ 4 large eggs lightly beaten
- ☐ 2 tablespoons milk fat-free
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 pound onion sliced
- ☐ 1 ounce parmigiano-reggiano cheese divided grated

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 3 tablespoons water

Equipment

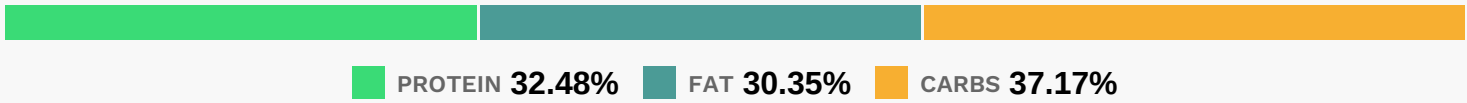
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

Directions

- ☐ Place potato and 3 tablespoons water in a small microwave-safe bowl. Cover with plastic wrap, and vent. Microwave at high 4 minutes or until tender, stirring once. Set aside.
- ☐ Heat a 10-inch nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion. Cover and cook 10 minutes or until lightly browned, stirring occasionally. Uncover and cook 10 minutes or until golden brown, stirring frequently. While onion cooks, add 1/3 cup water, 1 tablespoon at a time, to prevent onion from sticking to pan. Stir in potato, sage, salt, and pepper. Spoon into a medium bowl; cool slightly.
- ☐ Combine 3 tablespoons cheese, milk, egg whites, and eggs in a small bowl; stir with a whisk.
- ☐ Add egg mixture to potato mixture; stir well.
- ☐ Preheat broiler.
- ☐ Wipe pan with a paper towel; recoat pan with cooking spray.
- ☐ Pour potato mixture into pan. Cook over medium heat 7 minutes or until bottom of frittata is browned and top is almost set.
- ☐ Wrap handle of pan with foil.

- ☐
- Sprinkle remaining 1 tablespoon cheese over frittata. Broil 5 minutes or until cheese melts and top is set.
- ☐
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:5.25, Inflammation Score:-5, Nutrition Score:12.383913009063%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 136.7kcal (6.84%), Fat: 4.6g (7.08%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 10.98g (3.99%), Sugar: 4.01g (4.45%), Cholesterol: 127.36mg (42.45%), Sodium: 379.02mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.15%), Copper: 3.12mg (156.21%), Selenium: 18.48µg (26.4%), Vitamin B2: 0.35mg (20.56%), Phosphorus: 145.27mg (14.53%), Manganese: 0.26mg (13.07%), Vitamin B6: 0.24mg (12.14%), Calcium: 111.82mg (11.18%), Potassium: 332.52mg (9.5%), Folate: 35.3µg (8.82%), Vitamin C: 7.02mg (8.51%), Vitamin B5: 0.78mg (7.82%), Vitamin B12: 0.41µg (6.87%), Fiber: 1.7g (6.81%), Magnesium: 25.67mg (6.42%), Iron: 1.14mg (6.35%), Zinc: 0.82mg (5.44%), Vitamin B1: 0.08mg (5.17%), Vitamin D: 0.75µg (4.97%), Vitamin A: 229.32IU (4.59%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.43mg (2.13%), Vitamin K: 1.07µg (1.02%)