



Chard and Salami Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 6 large eggs
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion thinly sliced
- ☐ 3 tablespoons parmesan cheese divided freshly grated
- ☐ 2 ounces genoa salami italian thinly sliced cut into 1/2-inch pieces (2/3 cup)

☐ 10 ounces swiss chard coarsely chopped

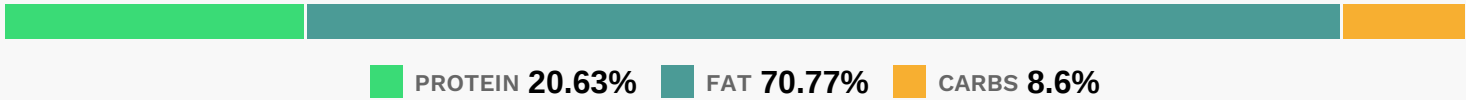
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler.
- ☐ Whisk all the eggs, 1 1/2 tablespoons cheese, 1/4 teaspoon salt, and 1/4 teaspoon pepper in large bowl.
- ☐ Heat olive oil in medium nonstick broilerproof skillet over medium heat.
- ☐ Add onion and sauté until tender but not brown, about 6 minutes.
- ☐ Add Swiss chard in 3 batches; toss until each begins to wilt before adding next.
- ☐ Sprinkle with salt and pepper. Sauté until any liquid in skillet evaporates. Increase heat to mediumhigh; add salami and garlic to skillet and stir 1 minute.
- ☐ Add eggs to skillet; stir to distribute evenly. Reduce heat to medium-low, cover, and cook until eggs are almost set but still moist in center, about 4 minutes.
- ☐ Sprinkle remaining 1 1/2 tablespoons cheese over top.
- ☐ Transfer frittata to broiler and cook just until set in center and beginning to brown, about 1 minute. Using flexible spatula, loosen frittata around edges. Slide frittata out onto platter.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:17.180869475655%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 198.78kcal (9.94%), Fat: 15.73g (24.2%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.51g (1.67%), Cholesterol: 196.07mg (65.36%), Sodium: 513.08mg (22.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Vitamin K: 396.81µg (377.91%), Vitamin A: 3171IU (63.42%), Selenium: 18.7µg (26.72%), Vitamin C: 15.69mg (19.02%), Vitamin B2: 0.32mg (18.65%), Phosphorus: 167.59mg (16.76%), Vitamin E: 2.44mg (16.24%), Magnesium: 49.48mg (12.37%), Vitamin B12: 0.74µg (12.29%), Manganese: 0.24mg (11.85%), Iron: 1.96mg (10.9%), Vitamin B6: 0.21mg (10.72%), Vitamin B5: 0.99mg (9.85%), Vitamin B1: 0.14mg (9.15%), Potassium: 315.91mg (9.03%), Zinc: 1.31mg (8.76%), Calcium: 85.55mg (8.55%), Folate: 33.99µg (8.5%), Copper: 0.15mg (7.31%), Vitamin D: 1.01µg (6.75%), Fiber: 1.1g (4.4%), Vitamin B3: 0.78mg (3.92%)