



Cheesy Broccoli Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 eggs
- ☐ 0.3 cup milk
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup cauliflower florets
- ☐ 0.5 cup carrots shredded

- ☐ 0.5 cup onion chopped
- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 tablespoon parmesan cheese grated

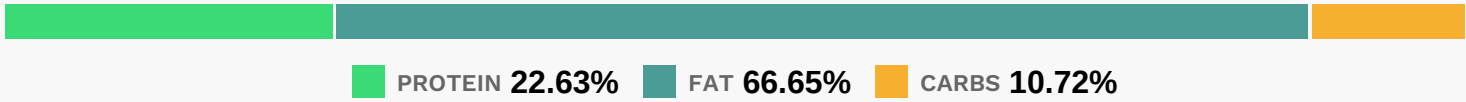
Equipment

- ☐ frying pan

Directions

- ☐ Beat eggs, milk, parsley, salt and pepper sauce until well blended; set aside.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook broccoli, carrot and onion in oil about 5 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Pour egg mixture over vegetables.
- ☐ Sprinkle with cheeses; reduce heat to low. Cover and cook about 10 minutes or until eggs are set in center.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:14.627826208654%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 244.25kcal (12.21%), Fat: 18.2g (28%), Saturated Fat: 7.86g (49.15%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 5.26g (1.91%), Sugar: 3.09g (3.43%), Cholesterol: 194.95mg (64.98%), Sodium: 447.41mg (19.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin A: 3315.18IU (66.3%), Selenium: 22.53µg (32.18%), Vitamin K: 29.6µg (28.2%), Calcium: 271.75mg (27.17%), Phosphorus: 263.3mg (26.33%), Vitamin B2:

0.38mg (22.49%), Vitamin C: 15.99mg (19.38%), Vitamin B12: 0.79µg (13.19%), Zinc: 1.88mg (12.51%), Folate: 49.33µg (12.33%), Vitamin B5: 1.09mg (10.92%), Vitamin B6: 0.2mg (9.9%), Vitamin D: 1.22µg (8.16%), Potassium: 268.8mg (7.68%), Vitamin E: 1.1mg (7.36%), Iron: 1.08mg (6.01%), Magnesium: 23.39mg (5.85%), Manganese: 0.11mg (5.32%), Fiber: 1.32g (5.29%), Vitamin B1: 0.07mg (4.53%), Copper: 0.07mg (3.41%), Vitamin B3: 0.39mg (1.93%)