



Cheesy Chorizo Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 ounce baby spinach leaves
- 2 cups cherry tomatoes halved
- 0.3 pound chorizo crumbled
- 6 eggs
- 4 green onions sliced
- 0.5 cup milk
- 1.5 cups pepper jack cheese shredded with a touch of philadelphia, divided kraft

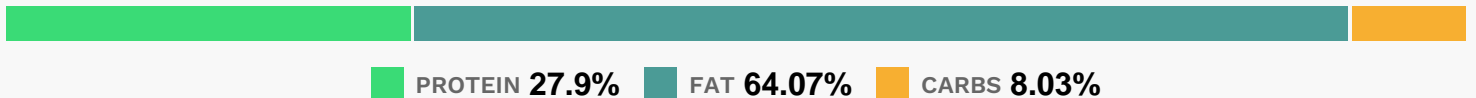
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 375 degrees F. Cook chorizo in large ovenproof skillet on medium-high heat until done, stirring frequently.
- Remove chorizo from skillet, reserving drippings in skillet. Set chorizo aside.
- Add spinach to skillet; cook 2 min. or just until wilted, stirring frequently. Stir in tomatoes and onions.
- Remove from heat.
- Whisk eggs and milk in medium bowl until blended; stir in 1 cup cheese.
- Add to ingredients in skillet; stir just until blended. Top with remaining cheese.
- Bake 25 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:19.994347717451%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 252.51kcal (12.63%), Fat: 17.96g (27.63%), Saturated Fat: 8.87g (55.42%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.82g (3.14%), Cholesterol: 203.07mg (67.69%), Sodium: 269.04mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.2%), Vitamin K: 155.78µg (148.36%), Vitamin A: 3536.25IU (70.72%), Calcium: 299.68mg (29.97%), Selenium: 18.57µg (26.53%), Phosphorus: 263.84mg (26.38%),

Vitamin C: 20.79mg (25.21%), Vitamin B2: 0.41mg (24.13%), Folate: 92.34µg (23.08%), Manganese: 0.34mg (16.77%), Iron: 2.56mg (14.24%), Vitamin B12: 0.74µg (12.26%), Zinc: 1.75mg (11.66%), Potassium: 402.65mg (11.5%), Magnesium: 43.81mg (10.95%), Vitamin B6: 0.21mg (10.45%), Vitamin E: 1.44mg (9.62%), Vitamin B5: 0.9mg (8.98%), Vitamin D: 1.27µg (8.49%), Copper: 0.12mg (6.08%), Vitamin B1: 0.08mg (5.17%), Fiber: 1.18g (4.72%), Vitamin B3: 0.59mg (2.96%)