



Cheesy Pasta Frittata

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



401 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 oz vermicelli uncooked
- 1 cup eggs fat-free lightly beaten (from 8-oz. carton)
- 0.3 cup skim milk fat-free (skim)
- 0.8 teaspoon oregano dried
- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 cup spring onion finely chopped
- 1 teaspoon canola oil
- 3 oz sharp cheddar cheese shredded reduced-fat

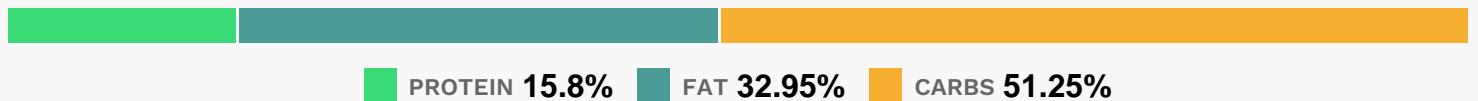
Equipment

- bowl
- frying pan
- spatula

Directions

- Cook vermicelli as directed on package.
- Drain; rinse with hot water.
- Meanwhile, in small bowl, mix egg product, milk, 1/2 teaspoon of the salt, the oregano and ground red pepper until well blended. Stir in onions.
- In 10-inch nonstick skillet, heat oil over medium heat.
- Spread cooked vermicelli in hot skillet; pour egg product mixture evenly over top. Reduce heat to medium-low; cover and cook 13 to 15 minutes or until center is almost set.
- Remove skillet from heat.
- Sprinkle remaining 1/4 teaspoon salt and the cheese over vermicelli mixture. Cover; let stand 2 minutes or until egg mixture is set and cheese is melted.
- Serve from skillet, or run pancake turner around edge of skillet to loosen and slide out onto serving plate.
- Cut into wedges. If desired, garnish with additional chopped green onions.

Nutrition Facts



Properties

Glycemic Index:46.81, Glycemic Load:27.52, Inflammation Score:-6, Nutrition Score:13.424347763476%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 400.98kcal (20.05%), Fat: 14.39g (22.14%), Saturated Fat: 6.17g (38.54%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 48.95g (17.8%), Sugar: 1.64g (1.82%), Cholesterol: 247.86mg (82.62%), Sodium: 338.99mg (14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Selenium: 33.73µg (48.19%), Phosphorus: 331.62mg (33.16%), Vitamin K: 29.66µg (28.25%), Vitamin B2: 0.42mg (24.73%), Calcium: 236.58mg (23.66%), Manganese: 0.34mg (17.1%), Vitamin A: 739.76IU (14.8%), Vitamin B12: 0.88µg (14.74%), Zinc: 2.14mg (14.24%), Vitamin B5: 1.13mg (11.34%), Folate: 44.08µg (11.02%), Vitamin D: 1.57µg (10.45%), Iron: 1.82mg (10.12%), Vitamin B6: 0.15mg (7.57%), Vitamin E: 1.13mg (7.52%), Magnesium: 25.89mg (6.47%), Fiber: 1.41g (5.63%), Potassium: 191.8mg (5.48%), Copper: 0.11mg (5.42%), Vitamin B1: 0.07mg (4.48%), Vitamin C: 2.41mg (2.92%), Vitamin B3: 0.29mg (1.47%)