



Cheesy Zucchini Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 large egg whites
- ☐ 2 large eggs
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup green onions finely chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups zucchini thinly sliced

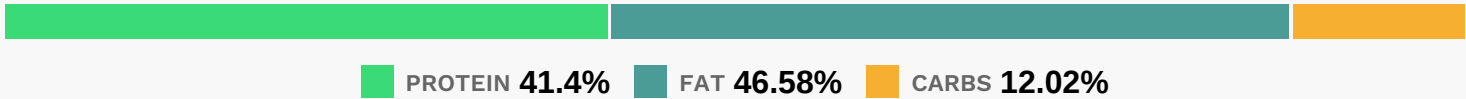
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 47
- ☐ Combine first 8 ingredients in a bowl; stir well with a whisk.
- ☐ Heat oil in an ovenproof medium skillet over medium-high heat.
- ☐ Add zucchini and bell pepper; saut 5 minutes.
- ☐ Add egg mixture. Reduce heat to low; cook 5 minutes or until set around edges.
- ☐ Remove pan from heat.
- ☐ Bake at 475 for 8 minutes or until center is set.
- ☐ Cut into 4 wedges.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:11.961738990701%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin:

2.05mg

Nutrients (% of daily need)

Calories: 150.41kcal (7.52%), Fat: 7.77g (11.95%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.57g (2.85%), Cholesterol: 106.89mg (35.63%), Sodium: 398.01mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Vitamin K: 36.71µg (34.96%), Vitamin C: 25.92mg (31.42%), Selenium: 21.39µg (30.56%), Vitamin B2: 0.46mg (26.96%), Calcium: 233.79mg (23.38%), Phosphorus: 198.8mg (19.88%), Vitamin A: 624.88IU (12.5%), Vitamin B6: 0.19mg (9.46%), Folate: 37.57µg (9.39%), Potassium: 328.18mg (9.38%), Manganese: 0.17mg (8.68%), Vitamin B12: 0.47µg (7.81%), Zinc: 1.16mg (7.73%), Magnesium: 28.73mg (7.18%), Vitamin B5: 0.65mg (6.48%), Iron: 1.05mg (5.85%), Fiber: 1.16g (4.65%), Copper: 0.09mg (4.5%), Vitamin E: 0.65mg (4.32%), Vitamin D: 0.58µg (3.85%), Vitamin B1: 0.06mg (3.76%), Vitamin B3: 0.48mg (2.42%)