



Chicken and Orzo Frittata

READY IN



50 min.

SERVINGS



6

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups chicken breasts cubed cooked
- ☐ 0.3 cup crème fraîche
- ☐ 6 eggs
- ☐ 0.3 cup flat-leaf parsley italian chopped
- ☐ 0.8 cup orzo pasta
- ☐ 0.3 cup roasted bell peppers diced red
- ☐ 1 teaspoon salt
- ☐ 4 scallions chopped

☐ 0.3 cup milk ricotta whole

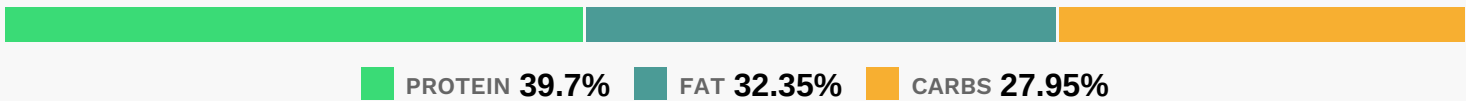
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Bring a small pot of salted water to a boil over high heat.
- ☐ Add the orzo and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta.
- ☐ In a large bowl combine the eggs, ricotta, and creme fraiche and stir until the eggs are beaten and the ingredients are combined.
- ☐ Add the cooked orzo, chicken, scallions, parsley, red bell peppers, salt, and pepper. Stir to combine.
- ☐ Pour the mixture into a 1 1/2-quart baking dish.
- ☐ Bake for 25 minutes. Turn on the broiler.
- ☐ Place the pan under the broiler until golden on top, about 5 minutes.
- ☐ Remove from the oven and let set for 5 minutes.
- ☐ Cut into wedges and serve with a side salad.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:6.02, Inflammation Score:-5, Nutrition Score:15.288260853809%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 241.66kcal (12.08%), Fat: 8.49g (13.06%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.49g (5.63%), Sugar: 1.85g (2.06%), Cholesterol: 210.63mg (70.21%), Sodium: 603.01mg (26.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.87%), Selenium: 38.93µg (55.61%), Vitamin K: 58.17µg (55.4%), Vitamin B3: 6.89mg (34.46%), Phosphorus: 256.03mg (25.6%), Vitamin B6: 0.41mg (20.74%), Vitamin B2: 0.31mg (18.33%), Vitamin A: 660.32IU (13.21%), Vitamin B5: 1.31mg (13.09%), Manganese: 0.23mg (11.73%), Vitamin B12: 0.64µg (10.73%), Vitamin C: 8.53mg (10.34%), Iron: 1.85mg (10.29%), Zinc: 1.46mg (9.73%), Folate: 36.68µg (9.17%), Magnesium: 35.19mg (8.8%), Potassium: 302.78mg (8.65%), Calcium: 74.94mg (7.49%), Vitamin D: 1.08µg (7.17%), Copper: 0.13mg (6.62%), Vitamin B1: 0.09mg (5.68%), Vitamin E: 0.72mg (4.77%), Fiber: 1g (4.02%)