



## Chicken Frittata with Tomato Salsa

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 3 small grape leaves chopped (plum)
- 1 jalapeno chopped
- 0.3 cup onion red chopped
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 teaspoon salt
- 1 tablespoons juice of lime (1 medium)
- 1 tablespoon olive oil
- 3 spring onion sliced (white and pale green parts only)

- 1 bell pepper red chopped
- 1 clove garlic minced
- 10 eggs
- 0.3 cup milk
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 1.5 cups rotisserie chicken cut cubed (from 2-lb chicken)
- 2 oz pasilla de oaxaca shredded
- 1 slices avocado

## Equipment

- bowl
- frying pan
- oven

## Directions

- In large bowl, place tomatoes, chili, red onion and cilantro; sprinkle with 1/2 teaspoon salt.
- Add lime juice; mix well. Taste; add additional salt if necessary. Set aside to serve as a topping.
- Heat oven to 350°F.
- In large ovenproof skillet, heat olive oil over medium-high heat.
- Add green onions and bell pepper; cook 4 minutes.
- Add garlic; cook 1 minute longer.
- Remove from heat; set aside.
- In large bowl, beat eggs, milk, 1 teaspoon salt and the pepper.
- Pour egg mixture evenly over vegetable mixture in skillet.
- Add chicken and cheese.
- Spread evenly in skillet.

- Bake 30 to 35 minutes or until top is light golden brown, eggs are firm, and internal temperature reaches 165°F.
- Cut Chicken Frittata into wedges.
- Serve with slices of avocado; top with Pico de Gallo.

## Nutrition Facts

**PROTEIN 35.05%** **FAT 56.96%** **CARBS 7.99%**

### Properties

Glycemic Index:49.17, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:14.235217457232%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

### Nutrients (% of daily need)

Calories: 326.71kcal (16.34%), Fat: 20.87g (32.11%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.43g (2.7%), Cholesterol: 334.2mg (111.4%), Sodium: 983.17mg (42.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.79%), Vitamin C: 33.3mg (40.36%), Selenium: 23µg (32.86%), Vitamin A: 1575.59IU (31.51%), Vitamin B2: 0.41mg (24.27%), Vitamin K: 22.75µg (21.66%), Phosphorus: 180.81mg (18.08%), Folate: 70.62µg (17.65%), Vitamin B5: 1.6mg (15.95%), Vitamin B6: 0.29mg (14.31%), Vitamin E: 2.09mg (13.9%), Vitamin B12: 0.71µg (11.79%), Vitamin D: 1.58µg (10.52%), Fiber: 2.61g (10.44%), Iron: 1.7mg (9.43%), Potassium: 320.11mg (9.15%), Manganese: 0.17mg (8.64%), Zinc: 1.25mg (8.35%), Calcium: 76.98mg (7.7%), Copper: 0.12mg (6.12%), Magnesium: 23.74mg (5.94%), Vitamin B1: 0.07mg (4.79%), Vitamin B3: 0.8mg (3.99%)