



Chicken Frittata with Tomato Salsa

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 slices avocado
- 10 eggs
- 1 tablespoon cilantro leaves fresh chopped
- 1 clove garlic minced
- 3 spring onion sliced (white and pale green parts only)
- 0.5 teaspoon pepper
- 1 jalapeno chopped
- 1 tablespoons juice of lime (1 medium)

- 0.3 cup milk
- 2 oz pasilla de oaxaca shredded
- 1 tablespoon olive oil
- 1 bell pepper red chopped
- 0.3 cup onion red chopped
- 1.5 cups rotisserie chicken cut cubed (from 2-lb chicken)
- 0.5 teaspoon salt
- 1 teaspoon salt
- 3 small vine ripened tomato chopped (plum)

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 350F.
- 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 165F.
- Cut Chicken Frittata into wedges.
- Serve with slices of avocado; top with Pico de Gallo.

Nutrition Facts

PROTEIN 34.61% **FAT 55.8%** **CARBS 9.59%**

Properties

Glycemic Index:55.5, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:15.294347928918%

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: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 333.51kcal (16.68%), Fat: 20.93g (32.2%), Saturated Fat: 6.67g (41.67%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 5.1g (1.85%), Sugar: 3.53g (3.92%), Cholesterol: 334.2mg (111.4%), Sodium: 985.31mg (42.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin C: 39.37mg (47.72%), Selenium: 22.99µg (32.84%), Vitamin A: 1541.79IU (30.84%), Vitamin B2: 0.42mg (24.46%), Vitamin K: 24.71µg (23.54%), Folate: 76.2µg (19.05%), Phosphorus: 190.37mg (19.04%), Vitamin B5: 1.63mg (16.32%), Vitamin B6: 0.32mg (15.83%), Vitamin E: 2.3mg (15.34%), Potassium: 423.87mg (12.11%), Fiber: 2.99g (11.97%), Vitamin B12: 0.71µg (11.79%), Vitamin D: 1.58µg (10.52%), Iron: 1.78mg (9.89%), Manganese: 0.18mg (9.09%), Zinc: 1.32mg (8.8%), Calcium: 76.09mg (7.61%), Copper: 0.14mg (7.15%), Magnesium: 27.32mg (6.83%), Vitamin B1: 0.09mg (5.87%), Vitamin B3: 1.03mg (5.16%)