



WHATSheATE



Chicken Sausage Frittata with Side Salad

READY IN



35 min.

SERVINGS



8

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 chicken sausage links chopped
- ☐ 10 egg whites
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely minced in a wooden mortar and pestle
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green seeded chopped
- ☐ 1 haas avocados pitted peeled halved sliced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon fresh 2 lemons

- ☐ 2 heads lettuce green
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil divided
- ☐ 1 bell pepper red seeded chopped
- ☐ 2 teaspoons red wine vinegar
- ☐ 2 eggs whole
- ☐ 2 tomatoes whole sliced
- ☐ 0.3 cup onion yellow thinly sliced
- ☐ 0.5 onion yellow chopped

Equipment

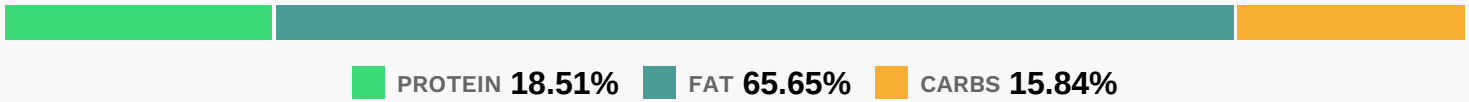
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl, mix the egg whites and whole eggs with a wire whisk until foamy. In a large nonstick pan over medium heat, add 1 tablespoon olive oil, chicken sausage, sweet potatoes, peppers, onion, garlic, salt, and pepper.
- ☐ Saute the mixture for 6 to 8 minutes, or until the onion begins to brown.
- ☐ Transfer the sausage mixture from the pan and put in a large bowl.
- ☐ Wipe down the pan and spray the nonstick pan with cooking spray and add the eggs, cook over medium heat until the edges begin to harden.
- ☐ Pour the sausage mixture into the eggs.
- ☐ Sprinkle with the shredded cheese.

- ☐ Place the frittata into the oven and let cook for about 15 to 20 minutes, or until the frittata is firm in the middle.
- ☐ Remove the frittata from the oven and flip onto a large plate.
- ☐ Drizzle with 1 tablespoon olive oil, and sprinkle with cilantro.
- ☐ Serve with the Side Salad.
- ☐ In a large bowl, loosen the leaves of the lettuce, sprinkle with the sliced onions and top with the tomato and avocado slices. In a mortar and pestle, add the garlic, salt, and pepper, to taste, and finely mince.
- ☐ Add the olive oil, lemon juice, and vinegar and stir with a small spoon. Dress the salad with the lemon vinaigrette before serving.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:21.281739172728%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 270.03kcal (13.5%), Fat: 20.5g (31.54%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 7.04g (2.56%), Sugar: 3.97g (4.41%), Cholesterol: 62.21mg (20.74%), Sodium: 368.53mg (16.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Vitamin A: 7701.94IU (154.04%), Vitamin K: 131.1µg (124.86%), Vitamin C: 50.74mg (61.5%), Vitamin B2: 0.38mg (22.16%), Folate: 79.59µg (19.9%), Manganese: 0.4mg (19.76%), Vitamin E: 2.81mg (18.75%), Selenium: 12.85µg (18.35%), Fiber: 4.08g (16.33%), Potassium: 544.51mg (15.56%), Vitamin B6: 0.31mg (15.52%), Phosphorus: 119mg (11.9%), Calcium: 109.35mg (10.93%), Iron: 1.7mg (9.45%), Magnesium: 35.36mg (8.84%), Vitamin B5: 0.85mg (8.51%), Vitamin B1: 0.13mg (8.36%), Copper: 0.14mg (6.8%),

Vitamin B3: 1.27mg (6.33%), Zinc: 0.84mg (5.61%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.26µg (1.75%)