



Cook the Book: Tomato Frittata



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 tablespoons basil
- ☐ 6 large eggs
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon pepper black
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion
- ☐ 2 teaspoons salt
- ☐ 2 cups tomatoes diced peeled seeded

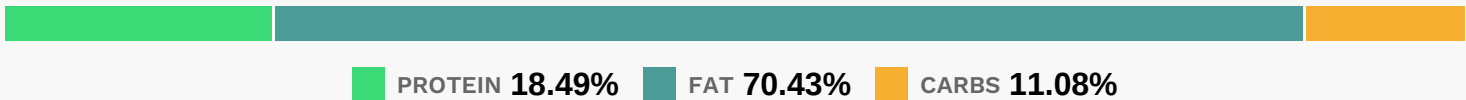
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Heat the olive oil in a 10-inch nonstick ovenproof skillet over medium heat.
- ☐ Add the onions and cook until translucent.
- ☐ Add the garlic, salt, and pepper. When the garlic begins to give up its aroma, add the tomato. Cook until heated through.
- ☐ Whisk the eggs together in a medium bowl.
- ☐ Add the eggs to the tomato mixture in the skillet. Briefly mix together so that all of the ingredients are incorporated. Then do not disturb.
- ☐ Cook until the eggs are almost set, 8 to 10 minutes.
- ☐ Place the skillet briefly under the broiler to set the top, about 2 minutes.
- ☐ Put a serving plate on top of the skillet and, holding the two firmly together, flip them over so the frittata lands bottom-side-up on the plate.
- ☐ Garnish with basil.
- ☐ Cut into 8 wedges, pie-style, and serve.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:5.9260869492655%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 112.97kcal (5.65%), Fat: 8.92g (13.72%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.56g (1.73%), Cholesterol: 139.5mg (46.5%), Sodium: 637.23mg (27.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Selenium: 11.72µg (16.74%), Vitamin A: 540.83IU (10.82%), Vitamin B2: 0.18mg (10.77%), Vitamin E: 1.36mg (9.07%), Phosphorus: 88.29mg (8.83%), Vitamin K: 8.76µg (8.34%), Vitamin C: 6.25mg (7.57%), Folate: 25.52µg (6.38%), Vitamin B5: 0.63mg (6.31%), Manganese: 0.12mg (6.09%), Vitamin B6: 0.12mg (5.97%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%), Iron: 0.87mg (4.83%), Potassium: 163.61mg (4.67%), Zinc: 0.58mg (3.89%), Calcium: 31.24mg (3.12%), Copper: 0.06mg (3.08%), Fiber: 0.71g (2.84%), Magnesium: 10.61mg (2.65%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.28mg (1.38%)