



Cooking from the Glossies: Zucchini Blossom Frittata



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 large egg whites
- ☐ 0.3 cup goat cheese generous
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 Handful parsley fresh chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 20 zucchini

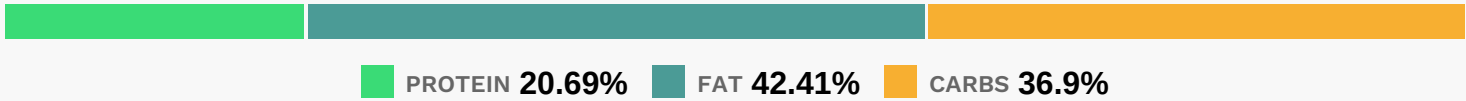
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ spatula

Directions

- ☐ Gently rinse and dry zucchini blossoms. Preheat broiler.
- ☐ Heat oil in a 10-inch nonstick ovenproof skillet over medium-high heat.
- ☐ Add onion; reduce heat to medium and sauté until soft, about 4 minutes.
- ☐ Add blossoms and sauté just until wilted, turning often, about 1 minute.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread blossoms in skillet in single layer; increase heat to medium-high.
- ☐ Add eggs and egg whites and cook until beginning to set around the edges, lifting frittata with heatproof rubber spatula and allowing eggs to flow underneath. Crumble the goat cheese into the skillet on top of the eggs. Continue cooking until eggs are softly set, about 5 minutes.
- ☐ Transfer skillet to broiler; broil until top of frittata is set, 1 minute. Slide frittata onto platter.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:39.743478083092%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 322.65kcal (16.13%), Fat: 16.71g (25.71%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 22.52g (8.19%), Sugar: 25.72g (28.58%), Cholesterol: 6.53mg (2.18%), Sodium: 186.98mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.69%), Vitamin C: 178.23mg (216.04%), Manganese: 1.79mg (89.63%), Vitamin B6: 1.66mg (82.99%), Potassium: 2651.45mg (75.76%), Vitamin B2: 1.13mg (66.27%), Vitamin K: 65.36µg (62.25%), Folate: 243.56µg (60.89%), Magnesium: 184.97mg (46.24%), Vitamin A: 2191.74IU (43.83%), Phosphorus: 420.21mg (42.02%), Fiber: 10.2g (40.79%), Copper: 0.64mg (32.07%), Vitamin B1: 0.46mg (30.83%), Vitamin B3: 4.55mg (22.76%), Iron: 4.09mg (22.75%), Zinc: 3.32mg (22.15%), Vitamin B5: 2.19mg (21.88%), Calcium: 185.5mg (18.55%), Vitamin E: 2.73mg (18.17%), Selenium: 9.06µg (12.95%)