



Corn, Scallion, and Potato Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 oz corn kernels frozen thawed
- ☐ 4 large eggs
- ☐ 2 garlic clove minced
- ☐ 4 oz mozzarella cheese grated
- ☐ 3 tablespoons olive oil
- ☐ 1 large baking potatoes peeled cut into 1/4-inch dice (baking)
- ☐ 1 bunch spring onion white green sliced

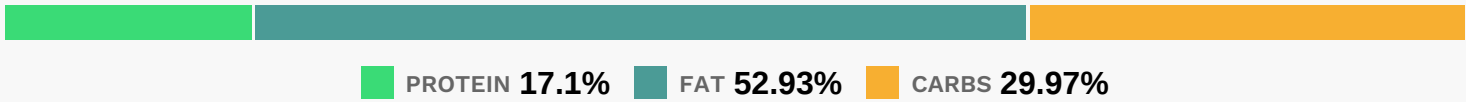
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Cook white part of scallions and garlic in 2 tablespoons oil in a 10-inch nonstick skillet over moderate heat, stirring, until softened, about 2 minutes.
- ☐ Add potato and cook over moderately low heat, stirring, until tender, about 10 minutes.
- ☐ Add corn and salt and pepper to taste, then cook, stirring, about 1 minute for thawed corn or 3 minutes for fresh corn.
- ☐ Preheat broiler.
- ☐ Whisk together eggs, mozzarella, and salt and pepper to taste. Stir in potato mixture and scallion greens.
- ☐ Heat remaining tablespoon oil in cleaned skillet over moderate heat until hot but not smoking. Then cook frittata without stirring, shaking skillet once or twice to loosen frittata, until underside is golden but top is still wet, about 6 minutes.
- ☐ Remove from heat.
- ☐ If skillet handle is not ovenproof, wrap handle in a double layer of foil. Broil frittata about 3 inches from heat until top is just set and golden, about 2 minutes. Slide onto a plate and cool to warm or room temperature

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:13.51, Inflammation Score:-5, Nutrition Score:14.876521691032%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg,

Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 373.89kcal (18.69%), Fat: 22.55g (34.69%), Saturated Fat: 6.94g (43.4%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 25.92g (9.42%), Sugar: 4.35g (4.83%), Cholesterol: 208.4mg (69.47%), Sodium: 400.08mg (17.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.77%), Selenium: 21.21µg (30.3%), Phosphorus: 287.21mg (28.72%), Vitamin B2: 0.41mg (24.04%), Vitamin B6: 0.46mg (23.11%), Vitamin K: 21.23µg (20.22%), Calcium: 192.42mg (19.24%), Vitamin B12: 1.09µg (18.19%), Folate: 68.51µg (17.13%), Potassium: 591.46mg (16.9%), Vitamin E: 2.2mg (14.65%), Manganese: 0.28mg (14.14%), Vitamin B5: 1.35mg (13.49%), Zinc: 2.01mg (13.39%), Iron: 2.16mg (11.99%), Fiber: 2.8g (11.22%), Vitamin A: 554.41IU (11.09%), Magnesium: 43.68mg (10.92%), Vitamin C: 7.99mg (9.68%), Vitamin B1: 0.14mg (9.11%), Vitamin B3: 1.77mg (8.86%), Copper: 0.17mg (8.35%), Vitamin D: 1.11µg (7.42%)