



Courgette, potato & mint frittata

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



560 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 medium potatoes sliced
- ☐ 1 tbsp olive oil
- ☐ 1 medium courgettes sliced
- ☐ 4 eggs
- ☐ 1 handful mint leaves roughly chopped
- ☐ 100 g cheddar

Equipment

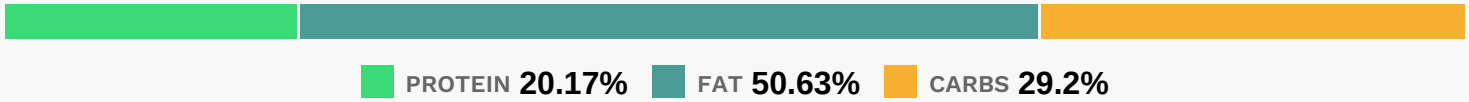
- ☐ bowl

- ☐ frying pan
- ☐ grill

Directions

- ☐ Boil the potatoes for 6 mins or until just cooked, then drain and set aside.
- ☐ Heat the oil in a large, deep, ovenproof frying pan and fry the courgettes for 4–5 mins until golden. Tip in the potatoes and fry for 1 min with the courgettes.
- ☐ In a bowl, beat together the eggs and mint, then season.
- ☐ Pour into the frying pan and stir briefly. Cook for 5 mins over low heat. Crumble over the cheese and finish under a hot grill for 5 mins, until the eggs are just set and the cheese is browned.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:27.55, Inflammation Score:-7, Nutrition Score:27.89000001161%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 560.29kcal (28.01%), Fat: 31.79g (48.91%), Saturated Fat: 14.41g (90.08%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 35.41g (12.88%), Sugar: 4.49g (4.99%), Cholesterol: 378.86mg (126.29%), Sodium: 396.34mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.5g (57%), Vitamin C: 60.14mg (72.9%), Phosphorus: 566.35mg (56.63%), Selenium: 35.1µg (50.14%), Vitamin B6: 0.99mg (49.51%), Vitamin B2: 0.72mg (42.22%), Calcium: 416.95mg (41.69%), Potassium: 1332.9mg (38.08%), Folate: 110.24µg (27.56%), Manganese: 0.55mg (27.38%), Fiber: 5.83g (23.3%), Zinc: 3.49mg (23.26%), Magnesium: 89.29mg (22.32%), Vitamin B5: 2.19mg (21.86%), Iron: 3.8mg (21.14%), Vitamin B12: 1.18µg (19.72%), Copper: 0.35mg (17.6%), Vitamin A: 876.92IU (17.54%), Vitamin B1: 0.25mg (16.76%), Vitamin B3: 2.84mg (14.19%), Vitamin E: 2.07mg (13.81%), Vitamin K: 12.74µg (12.13%), Vitamin D: 1.76µg (11.73%)