



WHATSheATE



Curried Pea Frittata with Fresh Tomato Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 8 large eggs
- ☐ 1 small garlic clove peeled
- ☐ 1.1 inch ginger fresh peeled chopped
- ☐ 12 ounce grape tomatoes
- ☐ 2 spring onion chopped

- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup peas frozen thawed
- ☐ 0.3 teaspoon salt generous ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler.
- ☐ Place tomatoes, brown sugar, cumin, garlic, and ginger in processor. Using on/off turns, blend just until tomatoes are coarsely chopped.
- ☐ Transfer chutney to small bowl; reserve processor bowl. Season chutney to taste with salt and pepper.
- ☐ Place eggs in processor.
- ☐ Add cheese, curry powder, and salt and blend well.
- ☐ Heat oil in large broilerproof nonstick skillet over medium-high heat.
- ☐ Add green onions and peas. Sauté until onions wilt, about 1 minute.
- ☐ Add egg mixture. Cook until top is almost set and bottom is golden, lifting edges to let uncooked egg flow underneath, about 7 minutes.
- ☐ Place frittata in broiler until top is set, about 1 minute. Run heatproof rubber spatula around frittata to loosen and slide out onto plate.
- ☐ Serve warm or at room temperature with tomato chutney.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:19.881304388461%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg 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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 327.94kcal (16.4%), Fat: 22.35g (34.39%), Saturated Fat: 5.63g (35.21%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 11.13g (4.05%), Sugar: 7.8g (8.66%), Cholesterol: 377.44mg (125.81%), Sodium: 406.54mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.15%), Selenium: 33.93µg (48.47%), Vitamin K: 35.9µg (34.19%), Vitamin C: 27.76mg (33.65%), Vitamin A: 1655.93IU (33.12%), Vitamin B2: 0.55mg (32.55%), Phosphorus: 307.33mg (30.73%), Vitamin E: 3.38mg (22.5%), Folate: 89.39µg (22.35%), Iron: 3.36mg (18.68%), Manganese: 0.37mg (18.37%), Vitamin B5: 1.68mg (16.84%), Vitamin B6: 0.34mg (16.77%), Vitamin B12: 0.97µg (16.24%), Zinc: 2.26mg (15.06%), Fiber: 3.68g (14.73%), Calcium: 146.93mg (14.69%), Potassium: 495.75mg (14.16%), Vitamin D: 2.03µg (13.54%), Vitamin B1: 0.18mg (12.04%), Copper: 0.21mg (10.71%), Magnesium: 42.38mg (10.6%), Vitamin B3: 1.46mg (7.28%)