



Easter Leftovers Frittata

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounce angel hair pasta
- 1 cup corn kernels frozen thawed
- 1 cup ham diced cooked
- 8 eggs beaten
- 1 bell pepper green chopped
- 1 tablespoon olive oil
- 6 servings salt and pepper to taste
- 1 large onion sweet peeled chopped

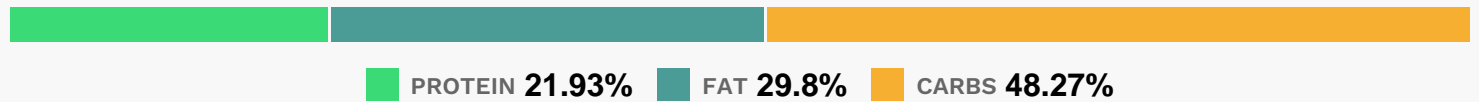
Equipment

- frying pan
- pot
- spatula

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Heat olive oil in a skillet or frying pan.
- Add onion and saute until clear. Stir in green pepper; cook until soft.
- Add the cooked pasta and chopped ham; toss well to combine.
- Pour in the eggs and season with salt and pepper.
- Cook until firm on one side; flip and cook until firm on the other side. You may split the frittata with a spatula to make the flipping easier.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:11.4, Inflammation Score:-6, Nutrition Score:15.033912886744%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 312.75kcal (15.64%), Fat: 10.33g (15.89%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 35.05g (12.75%), Sugar: 5.69g (6.32%), Cholesterol: 231.99mg (77.33%), Sodium: 557.98mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.21%), Selenium: 46.07µg (65.81%), Vitamin C:

23.42mg (28.39%), Phosphorus: 274.03mg (27.4%), Manganese: 0.47mg (23.48%), Vitamin B2: 0.38mg (22.15%), Vitamin B6: 0.33mg (16.39%), Folate: 59.73µg (14.93%), Vitamin B5: 1.4mg (13.97%), Vitamin B1: 0.2mg (13.42%), Vitamin B12: 0.79µg (13.13%), Zinc: 1.9mg (12.63%), Copper: 0.23mg (11.31%), Iron: 1.98mg (10.99%), Magnesium: 41.54mg (10.38%), Fiber: 2.59g (10.36%), Potassium: 354.67mg (10.13%), Vitamin B3: 1.8mg (8.99%), Vitamin A: 403.04IU (8.06%), Vitamin D: 1.17µg (7.82%), Vitamin E: 1.1mg (7.35%), Calcium: 55.9mg (5.59%), Vitamin K: 3.25µg (3.1%)