



Easy oven frittata

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 tsp olive oil
- ☐ 85 g fusilli
- ☐ 1 bunch spring onions chopped
- ☐ 85 g sweetcorn frozen canned
- ☐ 85 g peas frozen
- ☐ 1 bell pepper red deseeded chopped
- ☐ 2 large eggs
- ☐ 150 ml semi-skimmed milk

- ☐ 1 tbsp thyme leaves fresh (preferably lemon thyme)
- ☐ 50 g extra mature vegetarian cheddar grated
- ☐ 2 tbsp parmesan finely grated (or vegetarian alternative)

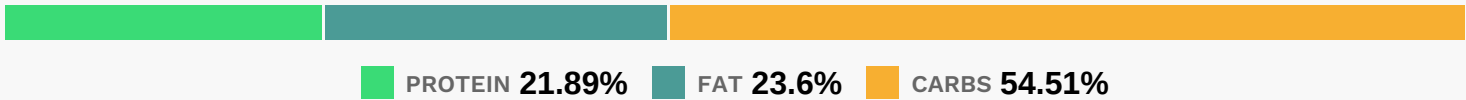
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Grease a 1.2 litre baking dish with the olive oil.
- ☐ Cook the pasta in salted boiling water in a large pan for 8 mins.
- ☐ Add all the vegetables and cook for another 2–3 mins until the pasta is tender and the vegetables slightly softened.
- ☐ Drain, then tip into the baking dish and mix well.
- ☐ Beat together the eggs and milk in a jug and add the thyme.
- ☐ Mix the two cheeses together and add most of it to the egg mixture, then season.
- ☐ Pour into the baking dish, stir gently, then scatter the rest of the cheese on top.
- ☐ Bake for 35–40 mins until set and golden. Cool for a few mins, then serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:58.96, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:14.660434826561%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 203.01kcal (10.15%), Fat: 5.41g (8.33%), Saturated Fat: 1.92g (12%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 24.77g (9.01%), Sugar: 6.19g (6.87%), Cholesterol: 97.69mg (32.56%), Sodium: 105.39mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.59%), Vitamin C: 51.19mg (62.05%), Selenium: 23.08µg (32.96%), Vitamin A: 1455.65IU (29.11%), Phosphorus: 203.94mg (20.39%), Manganese: 0.4mg (19.92%), Vitamin B2: 0.28mg (16.76%), Fiber: 3.36g (13.45%), Folate: 52.71µg (13.18%), Vitamin K: 13.57µg (12.93%), Vitamin B6: 0.25mg (12.52%), Calcium: 114.11mg (11.41%), Magnesium: 42.36mg (10.59%), Vitamin B1: 0.15mg (9.96%), Iron: 1.78mg (9.89%), Zinc: 1.46mg (9.72%), Potassium: 335.7mg (9.59%), Vitamin B5: 0.91mg (9.13%), Copper: 0.17mg (8.63%), Vitamin B3: 1.59mg (7.96%), Vitamin B12: 0.45µg (7.51%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.51µg (3.42%)