



## Egg White and Sun-Dried Tomato Frittata

 Vegetarian  Gluten Free

READY IN



34 min.

SERVINGS



6

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon cream of tartar
- 8 large egg whites
- 0.3 cup green onions chopped
- 0.1 teaspoon kosher salt
- 0.3 cup oil-packed sun-dried tomatoes drained chopped
- 1.5 teaspoons olive oil
- 4 ounces ricotta salata cut into 6 thin wedges

1 tablespoon sun-dried tomato oil

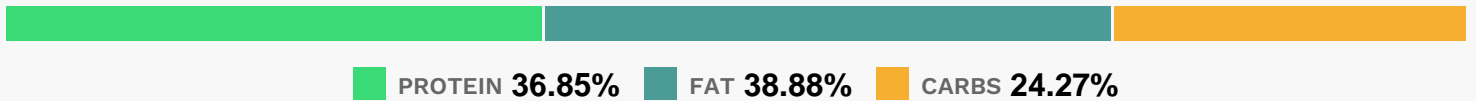
## Equipment

- bowl
- frying pan
- oven
- blender
- spatula

## Directions

- Preheat oven to 40
- Place salt and egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add cream of tartar and pepper; beat until soft peaks form. Gently fold in tomatoes and onions.
- Heat olive oil in a 10-inch ovenproof nonstick skillet over medium-high heat.
- Spread egg white mixture evenly in pan; arrange ricotta wedges on top.
- Drizzle with tomato oil.
- Bake at 400 for 16 minutes or until puffed and golden. Loosen with a spatula; slide onto a platter.
- Serve immediately.
- Garnish with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:25.17, Glycemic Load:1.13, Inflammation Score:-3, Nutrition Score:5.2978260828101%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 84.61kcal (4.23%), Fat: 3.74g (5.76%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.07g (3.41%), Cholesterol: 9.64mg (3.21%), Sodium: 145.62mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Selenium: 11.95µg (17.07%), Vitamin B2: 0.27mg (15.73%), Vitamin K: 12.49µg (11.89%), Potassium: 383.08mg (10.95%), Manganese: 0.15mg (7.34%), Phosphorus: 62.8mg (6.28%), Copper: 0.12mg (5.86%), Magnesium: 21.3mg (5.33%), Calcium: 53.09mg (5.31%), Iron: 0.82mg (4.55%), Vitamin C: 3.51mg (4.25%), Fiber: 0.97g (3.89%), Vitamin A: 186.57IU (3.73%), Vitamin B3: 0.72mg (3.58%), Vitamin B1: 0.04mg (2.88%), Folate: 11.42µg (2.86%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.39mg (2.59%), Vitamin B6: 0.04mg (1.8%), Vitamin B12: 0.1µg (1.73%), Vitamin E: 0.19mg (1.26%)