



Egg White and Sun-Dried Tomato Frittata

 Vegetarian  Gluten Free

READY IN



34 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

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

1 tablespoon sun-dried olives

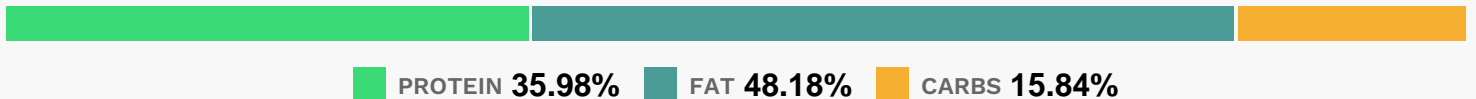
Equipment

- 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:20.17, Glycemic Load:0.33, Inflammation Score:0, Nutrition Score:4.3956522267798%

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: 81.86kcal (4.09%), Fat: 4.42g (6.8%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.77g (0.86%), Cholesterol: 9.64mg (3.21%), Sodium: 155.34mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Selenium: 11.8µg (16.85%), Vitamin B2: 0.26mg (15.35%), Vitamin K: 9.86µg (9.39%), Vitamin C: 7.33mg (8.89%), Potassium: 269.11mg (7.69%), Phosphorus: 49.54mg (4.95%), Calcium: 49.24mg (4.92%), Vitamin A: 211.75IU (4.23%), Magnesium: 14.4mg (3.6%), Manganese: 0.06mg (3.12%), Copper: 0.06mg (2.97%), Iron: 0.43mg (2.38%), Fiber: 0.58g (2.31%), Folate: 8.67µg (2.17%), Zinc: 0.31mg (2.1%), Vitamin B3: 0.39mg (1.93%), Vitamin B6: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.1µg (1.73%), Vitamin B1: 0.02mg (1.52%), Vitamin E: 0.19mg (1.25%)