



Eggplant-and-Olive Frittata

 Vegetarian  Gluten Free

READY IN



49 min.

SERVINGS



8

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 oz baby spinach fresh
- 0.5 cup olives black sliced
- 10 oz canned tomatoes diced green drained canned
- 1 cup eggplant peeled chopped
- 12 large eggs beaten
- 0.5 cup garlic-and-herb feta cheese crumbled
- 1 garlic clove minced
- 2 tablespoons olive oil

0.3 teaspoon pepper

0.3 teaspoon salt

Equipment

frying pan

oven

spatula

Directions

Preheat oven to 350

Heat oil in a 10-inch (2-inch-deep) ovenproof nonstick skillet over medium-high heat. Saut eggplant in hot oil 5 minutes or until tender.

Add garlic, and saut 1 minute. Stir in spinach, and cook, stirring constantly, 1 minute or just until spinach begins to wilt.

Add tomatoes and green chiles, olives, salt, and pepper, and cook, stirring frequently, 2 to 3 minutes or until spinach is wilted.

Add eggs, and sprinkle with cheese. Cook 3 to 5 minutes, gently lifting edges of frittata with a spatula and tilting pan so uncooked portion flows underneath.

Bake at 350 for 12 to 15 minutes or until set and lightly browned.

Remove from oven, and let stand 5 minutes. Slide frittata onto a large platter, and cut into 8 wedges.

*1 (32-oz.) carton egg substitute may be substituted. Increase bake time to 16 to 18 minutes or until set.

**Plain feta cheese may be substituted.

Note: We tested with Ro-Tel Mild Diced Tomatoes and Green Chilies.

Nutrition Facts


PROTEIN 20.47% **FAT 68.43%** **CARBS 11.1%**

Properties

Glycemic Index:20.25, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:17.79869566793%

Flavonoids

Delphinidin: 8.78mg, Delphinidin: 8.78mg, Delphinidin: 8.78mg, Delphinidin: 8.78mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 219.06kcal (10.95%), Fat: 17.04g (26.22%), Saturated Fat: 5.8g (36.24%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.46g (1.62%), Sugar: 2.34g (2.6%), Cholesterol: 294.35mg (98.12%), Sodium: 451.49mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Vitamin K: 107.49µg (102.37%), Vitamin A: 2510.83IU (50.22%), Selenium: 23.61µg (33.73%), Vitamin B2: 0.41mg (23.9%), Folate: 83.64µg (20.91%), Phosphorus: 173.73mg (17.37%), Vitamin E: 2.52mg (16.8%), Manganese: 0.31mg (15.74%), Iron: 2.45mg (13.59%), Vitamin B5: 1.3mg (12.96%), Vitamin B6: 0.24mg (11.91%), Vitamin C: 9.58mg (11.61%), Vitamin B12: 0.67µg (11.13%), Potassium: 355.37mg (10.15%), Vitamin D: 1.5µg (10%), Magnesium: 35.45mg (8.86%), Copper: 0.17mg (8.35%), Calcium: 81.44mg (8.14%), Zinc: 1.2mg (8.01%), Fiber: 1.75g (7%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 0.73mg (3.67%)