

Evergreen Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 10 large eggs lightly beaten
- ☐ 2 tablespoons flat parsley chopped for garnish
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 8 ounces cream sour
- ☐ 2 tablespoons butter unsalted

Equipment

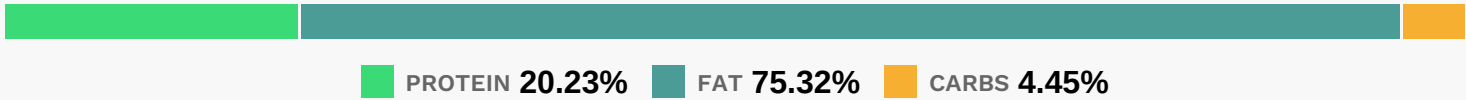
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 350°F. Beat eggs with salt, pepper, and herbs.
- ☐ Melt butter in a 10-inch ovenproof skillet over medium-low heat until it foams, coating the bottom and sides.
- ☐ Add eggs.
- ☐ Place skillet in the oven for 10 minutes.
- ☐ Let rest for 5 minutes. Invert onto a round plate and garnish with parsley.
- ☐ Serve with sour cream on the side.
- ☐ Per serving (with 1 ounce sour cream): 180 calories, 2g carbohydrates, 9g protein, 15g fat, 285mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:7.7678260822659%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 171.26kcal (8.56%), Fat: 14.29g (21.99%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.21g (1.34%), Cholesterol: 256.75mg (85.58%), Sodium: 98.56mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.28%), Selenium: 20.28µg (28.97%), Vitamin B2: 0.34mg (19.76%), Vitamin K: 17.42µg (16.59%), Phosphorus: 146.94mg (14.69%), Vitamin A: 694.09IU (13.88%), Vitamin B5: 1.06mg (10.63%), Vitamin B12: 0.62µg (10.36%), Vitamin D: 1.3µg (8.68%), Folate: 32.87µg (8.22%), Calcium: 66.5mg (6.65%), Iron: 1.19mg (6.63%), Zinc: 0.92mg (6.11%), Vitamin B6: 0.12mg (5.97%), Vitamin E: 0.85mg (5.69%), Potassium: 130.13mg (3.72%), Magnesium: 11.13mg (2.78%), Copper: 0.05mg (2.68%), Vitamin B1:

0.03mg (2.12%), Vitamin C: 1.67mg (2.02%), Manganese: 0.04mg (1.82%)