



Family Frittata



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon chives
- ☐ 6 large eggs
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 cup green bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon olive oil

- ☐ 1 pound potatoes red yellow thinly sliced
- ☐ 1 cup onion red finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup tomatoes finely chopped

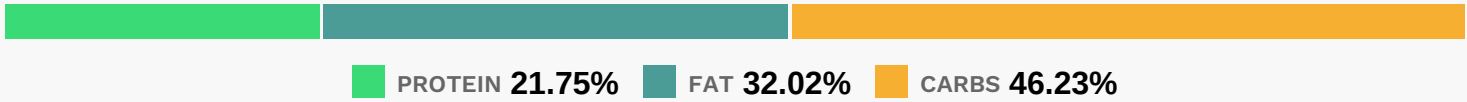
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Heat oil in a 10-inch cast-iron skillet coated with cooking spray over medium heat.
- ☐ Add onion, bell pepper, and garlic; saut 5 minutes. Arrange potato over onion mixture; sprinkle with salt, black pepper, and red pepper. Cover, reduce heat to medium-low, and cook 20 minutes or until potato is tender.
- ☐ Preheat broiler.
- ☐ Combine eggs, parsley, and chives in a medium bowl; stir well with a whisk.
- ☐ Pour over vegetables; cook over medium heat 10 minutes or until almost set. Top with tomato; broil 4 minutes or until browned and set.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:10.54, Inflammation Score:0, Nutrition Score:12.759130457173%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg

Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 155.86kcal (7.79%), Fat: 5.6g (8.62%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 15.42g (5.61%), Sugar: 2.85g (3.17%), Cholesterol: 186mg (62%), Sodium: 369.63mg (16.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Vitamin C: 40.84mg (49.5%), Vitamin K: 27µg (25.72%), Selenium: 15.86µg (22.66%), Vitamin B6: 0.42mg (21.01%), Phosphorus: 160.44mg (16.04%), Vitamin B2: 0.27mg (16.02%), Potassium: 513.2mg (14.66%), Manganese: 0.24mg (12.23%), Vitamin A: 603.22IU (12.06%), Folate: 47.12µg (11.78%), Fiber: 2.79g (11.17%), Vitamin B5: 1.07mg (10.72%), Iron: 1.76mg (9.8%), Copper: 0.16mg (7.94%), Magnesium: 31.25mg (7.81%), Vitamin B1: 0.12mg (7.67%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Zinc: 0.99mg (6.62%), Vitamin B3: 1.09mg (5.43%), Vitamin E: 0.8mg (5.37%), Calcium: 51.59mg (5.16%)