



## Feta-and-Cauliflower Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 5 cups cauliflower thinly sliced
- ☐ 1 pinch cayenne pepper
- ☐ 10 large eggs
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh plus more for garnish chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup milk
- ☐ 5 ounces salad greens mixed

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon citrus champagne vinegar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ cutting board

## Directions

- ☐ Position a rack in the center of the oven and preheat to 350 degrees.
- ☐ Whisk the eggs, milk and cayenne together in a bowl; add 1 teaspoon Kosher salt and freshly ground pepper to taste. Fold in the cheese and dill.
- ☐ Heat 1 tablespoon olive oil in an ovenproof 6- or 8-inch nonstick skillet over medium-low heat, swirling to coat the pan.
- ☐ Add the cauliflower, 1/4 teaspoon Kosher salt and pepper to taste; cook until crisp-tender, about 5 minutes.
- ☐ Pour the egg mixture into the skillet and stir gently with a rubber spatula to distribute the filling. Cook until the bottom is just set but not brown, about 4 minutes.
- ☐ Transfer the skillet to the oven and bake until the frittata is almost set on top, about 15 minutes.
- ☐ Remove from the oven, cover and set aside for 5 minutes to finish cooking.
- ☐ Season the greens with salt and pepper and toss with the remaining 2 tablespoons oil and the vinegar. Slide the frittata onto a cutting board and slice into wedges.
- ☐ Sprinkle generously with more dill; serve warm or at room temperature with the salad.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



 **PROTEIN 23.3%**  **FAT 66.53%**  **CARBS 10.17%**

Properties

Glycemic Index:36, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:26.223913068357%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 393.17kcal (19.66%), Fat: 29.35g (45.16%), Saturated Fat: 9.58g (59.89%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 7.59g (2.76%), Sugar: 3.59g (3.98%), Cholesterol: 492.06mg (164.02%), Sodium: 747.42mg (32.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Vitamin C: 68.67mg (83.23%), Selenium: 43.81µg (62.59%), Vitamin B2: 0.93mg (54.42%), Phosphorus: 427.57mg (42.76%), Folate: 152.51µg (38.13%), Vitamin B5: 3.12mg (31.24%), Vitamin B6: 0.6mg (30.07%), Vitamin B12: 1.67µg (27.9%), Calcium: 261.38mg (26.14%), Vitamin K: 26.65µg (25.38%), Vitamin A: 1247.74IU (24.95%), Vitamin E: 2.99mg (19.94%), Zinc: 2.91mg (19.38%), Potassium: 650.27mg (18.58%), Vitamin D: 2.78µg (18.54%), Iron: 3.2mg (17.78%), Manganese: 0.29mg (14.67%), Vitamin B1: 0.18mg (11.7%), Magnesium: 45.07mg (11.27%), Fiber: 2.51g (10.04%), Copper: 0.17mg (8.32%), Vitamin B3: 1.22mg (6.12%)