



 **57%**  
HEALTH SCORE

## Salmon Frittata

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**625 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 cans salmon canned
- 0.3 teaspoon ground pepper
- 1 teaspoon basil dried
- 12 eggs beaten
- 10 ounces spinach frozen thawed drained chopped
- 1 pint nonfat cottage cheese
- 2 cups swiss cheese shredded

## Equipment

- oven
- baking pan

## Directions

- Drain and flake salmon. Spray 9 x 13-inch baking pan with non-stick vegetable coating.
- Combine flaked salmon with remaining ingredients and pour into prepared baking pan.
- Bake at 375 F for 30 minutes, or until frittata is set.

## Nutrition Facts

**PROTEIN 42.18%** **FAT 49.62%** **CARBS 8.2%**

## Properties

Glycemic Index:14.75, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:49.950869565217%

## Nutrients (% of daily need)

Calories: 624.99kcal (31.25%), Fat: 34.34g (52.83%), Saturated Fat: 14.96g (93.49%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.6g (3.85%), Sugar: 3.15g (3.51%), Cholesterol: 620.09mg (206.7%), Sodium: 1103.92mg (48%), Protein: 65.68g (131.35%), Vitamin K: 269.27µg (256.45%), Vitamin A: 9590.25IU (191.8%), Selenium: 105.74µg (151.06%), Vitamin B12: 7.56µg (125.95%), Phosphorus: 1154.01mg (115.4%), Vitamin D: 14.97µg (99.77%), Calcium: 994.02mg (99.4%), Vitamin B2: 1.37mg (80.52%), Folate: 184.62µg (46.16%), Zinc: 5.85mg (39.02%), Vitamin B3: 6.98mg (34.91%), Vitamin B5: 3.33mg (33.3%), Vitamin E: 4.93mg (32.86%), Magnesium: 129mg (32.25%), Manganese: 0.62mg (30.9%), Iron: 4.79mg (26.59%), Potassium: 919.93mg (26.28%), Vitamin B6: 0.5mg (24.93%), Copper: 0.33mg (16.67%), Vitamin B1: 0.18mg (11.74%), Fiber: 2.18g (8.73%), Vitamin C: 4mg (4.84%)