



 **49%**  
HEALTH SCORE

## Finger Foods: Frittata Muffins #incredibleEGG

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



1

CALORIES



655 kcal

MORNING MEAL

BRUNCH

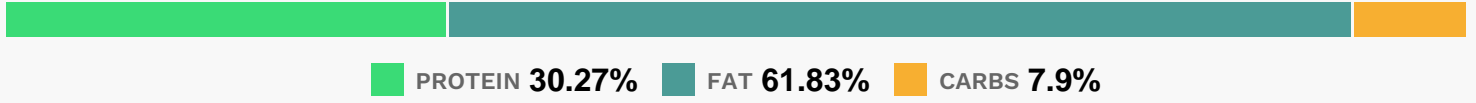
BREAKFAST

### Ingredients

- 0.8 cup broccoli cooked chopped
- 2 T chives chopped
- 1 milk whole
- 6 eggs
- 0.3 cup and orange peppers minced
- 1 serving salt and pepper
- 0.5 cup cheddar cheese shredded
- 0.3 cup tomatoes seeded chopped

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:212, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:46.042173913043%

### Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 5.83mg, Kaempferol: 5.83mg, Kaempferol: 5.83mg, Kaempferol: 5.83mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

### Nutrients (% of daily need)

Calories: 654.73kcal (32.74%), Fat: 44.88g (69.05%), Saturated Fat: 19.26g (120.36%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 9.39g (3.42%), Sugar: 5.84g (6.49%), Cholesterol: 1038.7mg (346.23%), Sodium: 964.99mg (41.96%), Protein: 49.45g (98.89%), Vitamin C: 132.74mg (160.89%), Selenium: 98.81µg (141.16%), Vitamin B2: 1.59mg (93.69%), Vitamin A: 4634.5IU (92.69%), Phosphorus: 854.37mg (85.44%), Vitamin K: 88.61µg (84.39%), Calcium: 593.63mg (59.36%), Folate: 214.12µg (53.53%), Vitamin B12: 2.95µg (49.23%), Vitamin B5: 4.88mg (48.83%), Zinc: 6mg (39.98%), Vitamin B6: 0.8mg (39.82%), Vitamin D: 5.63µg (37.53%), Vitamin E: 4.78mg (31.84%), Iron: 5.64mg (31.32%), Potassium: 858.19mg (24.52%), Magnesium: 74.86mg (18.72%), Manganese: 0.35mg (17.67%), Vitamin B1: 0.22mg (14.62%), Copper: 0.29mg (14.42%), Fiber: 3.51g (14.02%), Vitamin B3: 1.47mg (7.35%)