

Florentine Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon basil dried
- ☐ 16 ounce carton egg substitute
- ☐ 3 ounces feta cheese crumbled
- ☐ 2 cups hash brown potatoes shredded frozen
- ☐ 0.3 teaspoon oregano dried
- ☐ 7 ounce roasted bell peppers red drained sliced

- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 2 cups vidalia sweet thinly sliced
- ☐ 2 tablespoons water

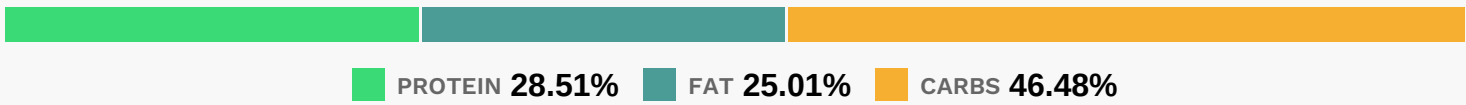
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Combine the first 7 ingredients in a medium bowl; set aside.
- ☐ Melt butter in a 10-inch cast-iron or nonstick skillet over medium heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add potatoes; cook 9 minutes or until lightly browned, stirring occasionally.
- ☐ Pour egg mixture over onion mixture. Arrange bell pepper slices on top of frittata. Cook 7 minutes or until set.
- ☐ Sprinkle with cheese. Wrap handle of pan with foil.
- ☐ Preheat broiler.
- ☐ Broil 5 minutes or until cheese is lightly browned.
- ☐ Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:35.109564947045%

Flavonoids

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 271.13kcal (13.56%), Fat: 7.89g (12.13%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 27.96g (10.17%), Sugar: 6.76g (7.51%), Cholesterol: 24.3mg (8.1%), Sodium: 1391.15mg (60.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Vitamin K: 268µg (255.24%), Vitamin A: 8981.21IU (179.62%), Selenium: 55.19µg (78.84%), Vitamin B2: 0.82mg (48.53%), Vitamin C: 39.99mg (48.47%), Manganese: 0.86mg (42.8%), Folate: 159.05µg (39.76%), Calcium: 332.69mg (33.27%), Vitamin B6: 0.65mg (32.52%), Iron: 5.54mg (30.78%), Potassium: 975.64mg (27.88%), Phosphorus: 270.42mg (27.04%), Vitamin E: 4.01mg (26.73%), Vitamin B5: 2.6mg (25.99%), Vitamin B1: 0.38mg (25.55%), Magnesium: 100.19mg (25.05%), Fiber: 5g (20.02%), Copper: 0.36mg (17.76%), Zinc: 2.55mg (17.02%), Vitamin B3: 2.87mg (14.36%), Vitamin D: 1.9µg (12.66%), Vitamin B12: 0.75µg (12.49%)