



Florentine Frittata with Bruschetta Toppings



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 3 cups bagged baby spinach leaves
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 large egg whites
- ☐ 4 large eggs
- ☐ 6 ounces ricotta fat-free
- ☐ 1 tablespoon basil fresh chopped

- ☐ 1 garlic clove minced
- ☐ 8 ounce pre mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups plum tomatoes coarsely chopped
- ☐ 1 cup onion red chopped
- ☐ 0.5 teaspoon salt divided

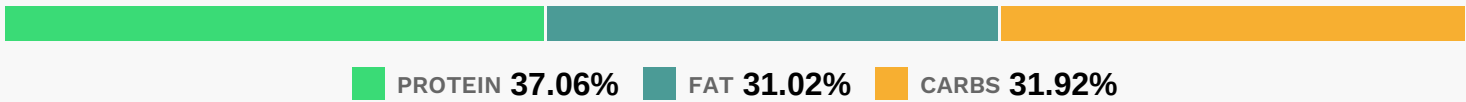
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 6 ingredients and 1/4 teaspoon salt in a small bowl. Set aside.
- ☐ Combine fat-free ricotta, black pepper, remaining 1/4 teaspoon salt, eggs, and egg whites in a medium bowl.
- ☐ Heat nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 2 minutes.
- ☐ Add mushrooms; saut 2 minutes.
- ☐ Add spinach; saut 1 minute. Stir in egg mixture. Wrap handle of pan with foil.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:15.371304263239%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 123.37kcal (6.17%), Fat: 4.22g (6.49%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 7.85g (2.85%), Sugar: 4.94g (5.49%), Cholesterol: 128.54mg (42.85%), Sodium: 326.37mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin K: 79.3µg (75.53%), Vitamin A: 2110.22IU (42.2%), Selenium: 18.52µg (26.45%), Vitamin B2: 0.45mg (26.41%), Vitamin C: 15.3mg (18.55%), Folate: 66.28µg (16.57%), Manganese: 0.29mg (14.61%), Potassium: 471.7mg (13.48%), Phosphorus: 132.61mg (13.26%), Vitamin B5: 1.22mg (12.19%), Copper: 0.22mg (10.95%), Vitamin B6: 0.21mg (10.67%), Calcium: 96.18mg (9.62%), Vitamin B3: 1.92mg (9.58%), Iron: 1.46mg (8.13%), Magnesium: 31.59mg (7.9%), Fiber: 1.92g (7.69%), Vitamin E: 1.1mg (7.33%), Vitamin B1: 0.09mg (6.13%), Zinc: 0.87mg (5.81%), Vitamin B12: 0.33µg (5.53%), Vitamin D: 0.74µg (4.95%)