



Fluffy frittata with spinach

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 eggs separated
- 2 cloves garlic finely chopped
- 0.5 tsp pepper freshly ground
- 0.8 teaspoon nutmeg
- 1.5 Tbs olive oil
- 0.3 cup parmesan
- 0.5 cup ricotta cheese
- 0.3 teaspoon salt

- 140 g pkt spinach fresh cleaned chopped
- 140 g spinach frozen dry thawed chopped

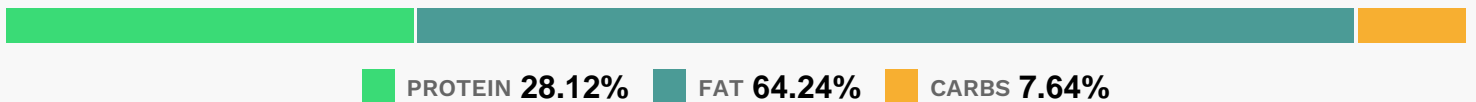
Equipment

- bowl
- frying pan
- oven

Directions

- In a medium oven-proof skillet heat the olive oil, add the garlic and cook until softened. In a glass or metal bowl, beat the egg whites until stiff peaks form. In another bowl, beat the egg yolks and stir in the spinach and ricotta cheese; season with the salt, pepper and nutmeg. Fold in the egg whites.
- Pour the mixture into the hot skillet and cook over medium heat until just set around the edges, about 2 minutes.
- Transfer the frittata to the oven and bake at 200C until golden and fluffy, about 15 minutes.
- Sprinkle the parmesan all over the top and bake for 2 minutes.
- Cut into wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:26.73347826087%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Taste

Sweetness: 31.58%, Saltiness: 100%, Sourness: 23.61%, Bitterness: 10.96%, Savoriness: 43.33%, Fattiness: 81.02%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 281.89kcal (14.09%), Fat: 20.28g (31.2%), Saturated Fat: 7.56g (47.23%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.97g (1.08%), Cholesterol: 348.84mg (116.28%), Sodium: 483.86mg (21.04%), Protein: 19.97g (39.95%), Vitamin K: 303.59µg (289.14%), Vitamin A: 8066.17IU (161.32%), Selenium: 36.07µg (51.53%), Folate: 164.69µg (41.17%), Vitamin B2: 0.64mg (37.48%), Manganese: 0.66mg (32.84%), Phosphorus: 318.84mg (31.88%), Calcium: 296.57mg (29.66%), Vitamin E: 3.46mg (23.08%), Iron: 3.43mg (19.04%), Magnesium: 73.03mg (18.26%), Vitamin B12: 0.99µg (16.48%), Vitamin B6: 0.32mg (15.94%), Vitamin B5: 1.52mg (15.21%), Vitamin C: 12.24mg (14.84%), Zinc: 2.13mg (14.23%), Potassium: 488.79mg (13.97%), Vitamin D: 1.86µg (12.42%), Copper: 0.18mg (9.01%), Fiber: 1.96g (7.83%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 0.57mg (2.85%)