



HEALTH SCORE

54%

French-Countryside Frittata



Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 6 large egg whites lightly beaten
- ☐ 1 large egg yolk lightly beaten
- ☐ 1 cup bread french cubed
- ☐ 3 garlic cloves minced
- ☐ 1 ounce goat cheese with basil crumbled
- ☐ 8 ounce specialty mushroom blend sliced a blend of crimini, shiitake, and oyster mushrooms

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup onion red chopped

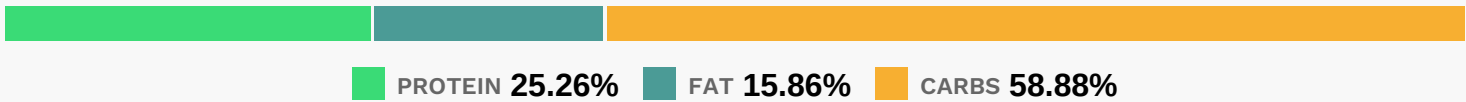
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Place bread cubes in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 8 minutes or until toasted. Increase oven temperature to 45
- ☐ Combine first 6 ingredients in a bowl; stir well. Set aside.
- ☐ Coat an 8-inch nonstick skillet with cooking spray, and place over medium heat until hot.
- ☐ Add chopped red onion and garlic, and saut 3 minutes.
- ☐ Add mushrooms, and saut 5 minutes. Stir in bread cube mixture, and spread evenly in bottom of skillet. Cook over medium-low heat 5 minutes or until almost set.
- ☐ Wrap handle of skillet with foil; place skillet in oven, and bake at 450 for 5 minutes or until set.
- ☐ Sprinkle with cheese; bake an additional minute or until cheese is warm (cheese will not melt).
- ☐ Note: Substitute 1 cup egg substitute for 6 egg whites and 1 egg yolk, if desired.

Nutrition Facts



Properties

Glycemic Index:100.75, Glycemic Load:48.62, Inflammation Score:-9, Nutrition Score:30.810000233028%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 503.21kcal (25.16%), Fat: 9.01g (13.87%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 75.3g (25.1%), Net Carbohydrates: 68.85g (25.04%), Sugar: 9.42g (10.47%), Cholesterol: 98.32mg (32.77%), Sodium: 1010.81mg (43.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.31g (64.61%), Selenium: 64.31µg (91.87%), Vitamin B2: 1.46mg (85.63%), Vitamin B1: 1.05mg (70.01%), Vitamin B3: 11.62mg (58.11%), Folate: 216.16µg (54.04%), Manganese: 1mg (49.83%), Iron: 7.6mg (42.2%), Phosphorus: 369.86mg (36.99%), Copper: 0.63mg (31.5%), Fiber: 6.45g (25.79%), Potassium: 880.33mg (25.15%), Vitamin B5: 2.5mg (24.96%), Vitamin B6: 0.43mg (21.61%), Magnesium: 80.9mg (20.23%), Zinc: 2.65mg (17.63%), Calcium: 133.71mg (13.37%), Vitamin K: 10.44µg (9.94%), Vitamin D: 1.31µg (8.73%), Vitamin A: 348.55IU (6.97%), Vitamin C: 4.63mg (5.62%), Vitamin B12: 0.28µg (4.7%), Vitamin E: 0.56mg (3.75%)