



Fresh Spinach and New Potato Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 eggs
- 2 tablespoons milk
- 0.3 teaspoon marjoram dried
- 0.3 teaspoon salt
- 2 tablespoons butter
- 2 cups potatoes - remove skin red thinly sliced (6 or 7)
- 0.3 teaspoon salt
- 1 cup pkt spinach packed

- 0.3 cup sun-dried olives drained sliced
- 3 medium spring onion cut into 1/4-inch pieces
- 2 ounces swiss cheese shredded

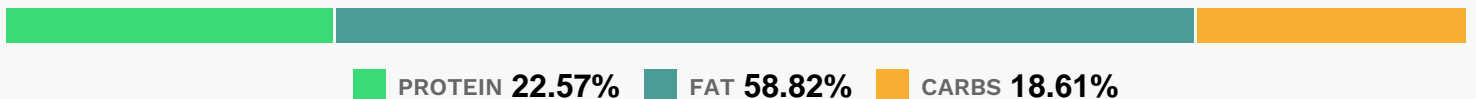
Equipment

- frying pan
- whisk

Directions

- Beat eggs, milk, marjoram and 1/4 teaspoon salt with fork or wire whisk until well mixed; set aside. Melt butter in 10-inch nonstick skillet over medium heat. Cover and cook potatoes and 1/4 teaspoon salt in butter about 8 minutes, stirring occasionally, until potatoes are tender.
- Stir in spinach, tomatoes and onions. Cook, stirring occasionally, just until spinach is wilted; reduce heat to low.
- Carefully pour egg mixture over potato mixture. Cover and cook about 6 minutes or just until top is set.
- Sprinkle with cheese. Cover and cook about 1 minute or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:17.054782494255%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 254.25kcal (12.71%), Fat: 16.85g (25.93%), Saturated Fat: 6g (37.53%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.05g (3.65%), Sugar: 3.97g (4.41%), Cholesterol: 259.6mg (86.53%), Sodium: 501.32mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Vitamin K: 64.01µg (60.97%), Selenium: 25.38µg (36.26%), Vitamin A: 1615.24IU (32.3%), Phosphorus: 276.43mg (27.64%), Vitamin B2: 0.43mg (25.06%), Calcium:

201.58mg (20.16%), Vitamin B12: 1.06µg (17.72%), Potassium: 594.83mg (17%), Folate: 65.56µg (16.39%),
Manganese: 0.29mg (14.28%), Vitamin B5: 1.37mg (13.68%), Iron: 2.45mg (13.61%), Zinc: 1.85mg (12.31%), Vitamin C:
10.16mg (12.31%), Vitamin B6: 0.24mg (11.77%), Copper: 0.22mg (11.08%), Magnesium: 43.5mg (10.87%), Vitamin D:
1.4µg (9.35%), Vitamin E: 1.22mg (8.12%), Fiber: 1.94g (7.77%), Vitamin B1: 0.11mg (7.44%), Vitamin B3: 1.23mg (6.17%)