



Fritata al Aceto Balsamico Tradizionale (Omelet with Balsamic Vinegar)

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 servings aceto balsamico tradizionale di modena for drizzling
- ☐ 0.3 cup bread crumbs toasted
- ☐ 4 eggs fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 cup parmigiano-reggiano freshly grated
- ☐ 4 servings salt and pepper
- ☐ 4 large scallions finely sliced

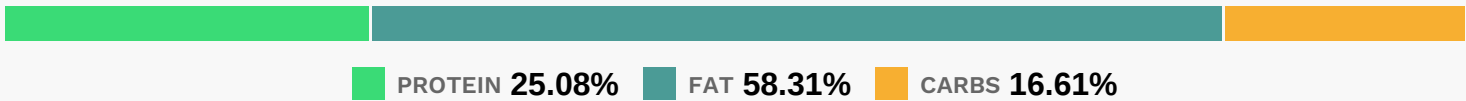
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Break the eggs into a large bowl and whisk vigorously with a whisk. Fold in the scallions, bread crumbs, and cheese.
- ☐ In an 8-inch, cast iron skillet, heat the olive oil over high heat. Swirl the pan to coat the sides with oil and pour in the egg mixture. Cook over medium-high heat until the frittata is set.
- ☐ Remove from heat and allow to rest several minutes. Slice into 4 wedges, drizzle with aceto balsamico.
- ☐ Sprinkle with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:12.926086912984%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 257.4kcal (12.87%), Fat: 16.45g (25.3%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.59g (3.49%), Sugar: 3.76g (4.17%), Cholesterol: 180.68mg (60.23%), Sodium: 713.97mg (31.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin K: 56µg (53.34%), Calcium: 355.49mg (35.55%), Selenium: 20.98µg (29.98%), Phosphorus: 284.05mg (28.4%), Vitamin B2: 0.33mg (19.49%), Vitamin A: 682.1IU (13.64%), Vitamin B12: 0.72µg (11.92%), Folate: 45.65µg (11.41%), Iron: 1.82mg (10.1%), Zinc: 1.46mg (9.76%), Vitamin E: 1.44mg (9.58%), Vitamin B5: 0.84mg (8.44%), Vitamin B1: 0.11mg (7.09%), Manganese: 0.14mg (7.04%), Vitamin D: 1µg (6.7%), Magnesium: 26.11mg (6.53%), Vitamin B6: 0.12mg (6.05%), Vitamin C: 4.7mg (5.7%), Potassium: 183.96mg (5.26%), Copper: 0.08mg (4.1%), Fiber: 0.95g (3.82%), Vitamin B3: 0.68mg (3.4%)