



Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



613 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 bell pepper diced whole (capsicum)
- 1 bell pepper diced whole (capsicum)
- 0.8 cup cheese shredded
- 3 inches chives sliced in ¼ lengths (for color and flavor on top)
- 6 eggs
- 0.3 cup milk
- 1.5 cups mushrooms cleaned sliced to fill
- 1.5 cups mushrooms cleaned sliced to fill

- 2 servings mustard greens (for color and flavor on top)
- 2 tablespoons olive oil
- 0.5 teaspoon pepper red (pepperoncino)
- 3 medium shallots sliced thin
- 3 soya sauce
- 2 small tomatoes diced deseeded (one large)
- 2 tablespoons water
- 1 ounce frangelico sweet
- 1 ounce frangelico sweet

Equipment

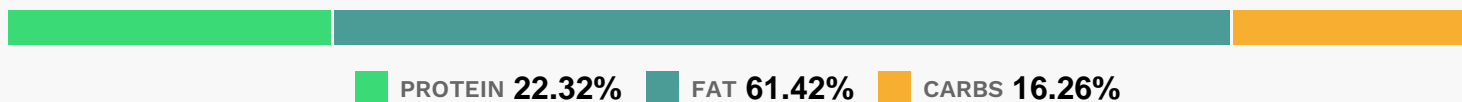
- frying pan
- whisk
- mixing bowl
- hand mixer
- aluminum foil
- spatula

Directions

- In a large mixing bowl add six eggs, soy sauce and water and whisk vigorously to incorporate air. (Hint: a large bowl should result in a shallow mixture that more readily allows the air bubbles to develop. An electric hand mixer can reduce a labor.) Set aside
- In a ten inch non-stick pan add olive oil and heat over a medium flame.
- Add olive oil and sliced shallots, fry until just approaching transparency
- Add mushrooms, bell pepper, and red pepper flakes stirring frequently until all are tender and shallots show very slight caramelization
- Without removing the contents, deglaze pan with the saki, stirring and scraping the bottom vigorously for 1 minute.
- Add diced tomatoes and cook for one more minute

- Giving one last vigorous whisk, add egg mixture to the pan and reduce flame to low. Cover pan with a lid or aluminum foil with the reflective side facing in. Check pan contents frequently. Using a spatula to lift an edge of the frittata will allow you to check the bottom. Your looking for the top to approach firmness and the bottom to become golden brown. Timing is critical. With the top half inch of the frittata still slightly liquid, add shredded cheese, spreading evenly across the surface. Replace cover and cook until cheese melts, approximately 1 minute. Toss chives across the surface and lace with fresh ground black and red pepper to taste
- Replace cover and cook for one more minute or until firm on top. Turn off flame and allow to set for two - three minutes. The frittata can be loosened with a large plastic spatula and slid on to a serving plate or served directly from the frying pan using a plastic pie wedge spatula.
- Serve with a tossed salad and crusty bread.

Nutrition Facts



Properties

Glycemic Index:176.5, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:45.009565217391%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Taste

Sweetness: 44.94%, Saltiness: 100%, Sourness: 32.23%, Bitterness: 26.32%, Savoriness: 71.15%, Fattiness: 82.45%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 613.43kcal (30.67%), Fat: 43.11g (66.32%), Saturated Fat: 14.96g (93.49%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 19.12g (6.95%), Sugar: 15.43g (17.15%), Cholesterol: 537.08mg (179.02%), Sodium: 590.51mg (25.67%), Protein: 35.25g (70.5%), Vitamin C: 173.73mg (210.58%), Vitamin A: 6016.57IU (120.33%), Selenium: 67.21µg (96.02%), Vitamin B2: 1.55mg (91.15%), Phosphorus: 691.6mg (69.16%), Vitamin B5: 5.06mg (50.6%), Vitamin B6: 0.99mg (49.55%), Calcium: 453.85mg (45.38%), Folate: 181.09µg (45.27%), Vitamin E: 6.35mg (42.37%), Potassium: 1338.66mg (38.25%), Vitamin B3: 7.28mg (36.41%), Copper: 0.69mg (34.56%), Vitamin K: 34.48µg (32.83%), Zinc: 4.79mg (31.92%), Vitamin B12: 1.85µg (30.77%), Fiber: 6.54g (26.18%), Iron: 4.58mg

(25.46%), Manganese: 0.49mg (24.34%), Vitamin D: 3.52µg (23.45%), Vitamin B1: 0.33mg (21.68%), Magnesium:
79.48mg (19.87%)