



Frittata with Black Beans and Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



612 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 cups baked tortilla chips crushed
- ☐ 15 ounce black beans drained canned
- ☐ 4 large egg whites lightly beaten
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 jalapeno minced seeded
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers reduced-fat
- ☐ 1 Dash salt
- ☐ 1 cup tomatoes diced
- ☐ 2 teaspoons vegetable oil

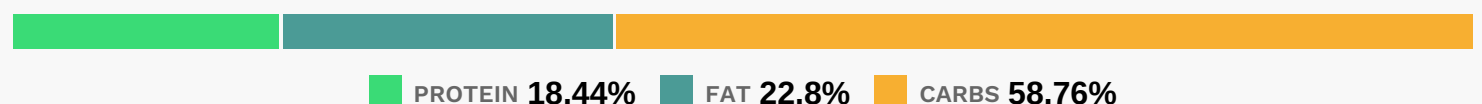
Equipment

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

Directions

- ☐ To prepare salsa, combine first 6 ingredients in a bowl. Cover and marinate in refrigerator 30 minutes.
- ☐ Preheat broiler.
- ☐ To prepare frittata, heat oil in a large nonstick skillet over medium heat.
- ☐ Add onions and chips; saut 2 minutes.
- ☐ Remove from heat.
- ☐ Combine egg whites, eggs, and beans; pour into skillet.
- ☐ Sprinkle with cumin. Wrap handle of skillet with foil; place skillet in oven. Broil 2 1/2 minutes or until center is set.
- ☐ Sprinkle with cheese. Broil 20 seconds or until cheese melts.
- ☐ Cut into wedges; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:23.651304659636%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 611.72kcal (30.59%), Fat: 15.56g (23.94%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 90.23g (30.08%), Net Carbohydrates: 77.51g (28.19%), Sugar: 2.41g (2.68%), Cholesterol: 152.12mg (50.71%), Sodium: 976.63mg (42.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Phosphorus: 547.21mg (54.72%), Fiber: 12.72g (50.86%), Selenium: 35.28µg (50.4%), Vitamin B2: 0.76mg (44.69%), Magnesium: 140.6mg (35.15%), Calcium: 317.42mg (31.74%), Folate: 112.12µg (28.03%), Iron: 4.59mg (25.52%), Vitamin B1: 0.38mg (25.4%), Vitamin K: 25.5µg (24.28%), Potassium: 814.28mg (23.27%), Vitamin C: 15.77mg (19.12%), Copper: 0.38mg (18.79%), Vitamin A: 911.82IU (18.24%), Vitamin B6: 0.35mg (17.66%), Zinc: 2.61mg (17.4%), Manganese: 0.35mg (17.34%), Vitamin E: 1.69mg (11.29%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.48µg (8.02%), Vitamin B3: 1.44mg (7.18%), Vitamin D: 0.83µg (5.57%)