



Frittata with Broccoli, Potato, and Leeks

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10 ounce broccoli frozen thawed chopped
- ☐ 1 teaspoon butter
- ☐ 1.5 tablespoons breadcrumbs dry
- ☐ 4 large egg whites
- ☐ 4 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2.7 ounces fontina shredded divided

- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 2 cups leek thinly sliced (2 large)
- ☐ 1 cup potatoes red cooked peeled chopped
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add leek; saut 6 minutes.
- ☐ Press broccoli between several layers of paper towels to remove excess moisture.
- ☐ Combine milk and next 5 ingredients, stirring with a whisk.
- ☐ Add leek mixture, broccoli, potato, and 1/3 cup cheese.
- ☐ Pour into a 9 1/2-inch-deep dish pie plate coated with cooking spray.
- ☐ Sprinkle with remaining 1/3 cup cheese and breadcrumbs.
- ☐ Bake at 350 for 25 minutes or until center is set.
- ☐ Preheat broiler.
- ☐ Place frittata on center rack of oven; broil 4 minutes or until golden brown.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Cut into wedges.

Nutrition Facts



 PROTEIN **29.01%**  FAT **42.52%**  CARBS **28.47%**

Properties

Glycemic Index:46.04, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:16.053912992063%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 4.5mg, Kaempferol: 4.5mg, Kaempferol: 4.5mg, Kaempferol: 4.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 172.48kcal (8.62%), Fat: 8.28g (12.74%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 10.35g (3.76%), Sugar: 3.44g (3.83%), Cholesterol: 141mg (47%), Sodium: 432.76mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.43%), Vitamin K: 66.06µg (62.91%), Vitamin C: 46.9mg (56.85%), Selenium: 18.94µg (27.06%), Vitamin A: 1170.47IU (23.41%), Vitamin B2: 0.37mg (21.87%), Phosphorus: 182.03mg (18.2%), Folate: 71.76µg (17.94%), Manganese: 0.32mg (15.76%), Calcium: 155.74mg (15.57%), Vitamin B6: 0.25mg (12.68%), Potassium: 380.55mg (10.87%), Vitamin B12: 0.62µg (10.33%), Iron: 1.84mg (10.23%), Vitamin B5: 1.02mg (10.21%), Fiber: 2.12g (8.48%), Zinc: 1.26mg (8.39%), Magnesium: 32.48mg (8.12%), Vitamin B1: 0.11mg (7.37%), Vitamin E: 1.05mg (7.03%), Vitamin D: 0.89µg (5.95%), Copper: 0.12mg (5.91%), Vitamin B3: 0.82mg (4.1%)