



Frittata with Leeks, Spaghetti, and Zucchini

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups pasta like spaghetti hot cooked uncooked (4 ounces pasta)
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 2 teaspoons basil fresh chopped
- ☐ 2 cups leek thinly sliced
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine divided

- ☐ 1.5 ounces swiss cheese shredded
- ☐ 1.5 cups zucchini diced

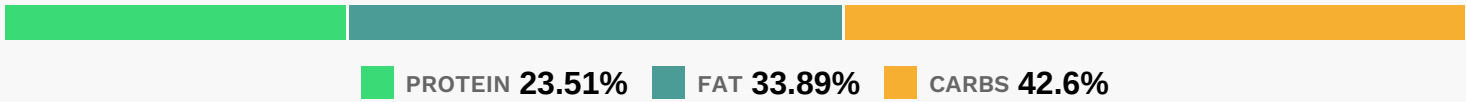
Equipment

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

Directions

- ☐ Heat 1 1/2 teaspoons butter in a skillet over medium heat.
- ☐ Add leek and zucchini; saut 6 minutes or until lightly browned.
- ☐ Combine milk and next 5 ingredients (milk through eggs) in a bowl; stir with a whisk. Stir in leek mixture and spaghetti.
- ☐ Preheat broiler.
- ☐ Heat 1 1/2 teaspoons butter in skillet over low heat.
- ☐ Add egg mixture. Cover; cook 10 minutes or until almost set. Top with cheese. Wrap handle of skillet with foil. Broil 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:11.84, Inflammation Score:-7, Nutrition Score:15.897825945979%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 293.58kcal (14.68%), Fat: 11.02g (16.95%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 28.61g (10.4%), Sugar: 4.64g (5.15%), Cholesterol: 150.37mg (50.12%), Sodium: 328.92mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.39%), Selenium: 40.75µg (58.21%), Manganese: 0.55mg (27.69%), Vitamin B2: 0.45mg (26.39%), Vitamin A: 1299.65IU (25.99%), Phosphorus: 235.4mg (23.54%), Vitamin K: 23.61µg (22.48%), Calcium: 183.14mg (18.31%), Vitamin C: 13.68mg (16.58%), Folate: 64.93µg (16.23%), Iron: 2.71mg (15.08%), Vitamin B6: 0.3mg (14.96%), Vitamin B12: 0.81µg (13.47%), Magnesium: 47.79mg (11.95%), Potassium: 380.01mg (10.86%), Zinc: 1.6mg (10.7%), Fiber: 2.56g (10.23%), Vitamin B5: 0.99mg (9.95%), Copper: 0.19mg (9.49%), Vitamin E: 1.09mg (7.23%), Vitamin D: 0.97µg (6.44%), Vitamin B1: 0.09mg (6.06%), Vitamin B3: 0.76mg (3.81%)