

Frittata with Love



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon truffle butter
- ☐ 6 eggs
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons goat cheese
- ☐ 0.3 cup milk

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 onion chopped finely
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 tablespoon parmesan grated
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 2 servings tomatoes diced for garnish

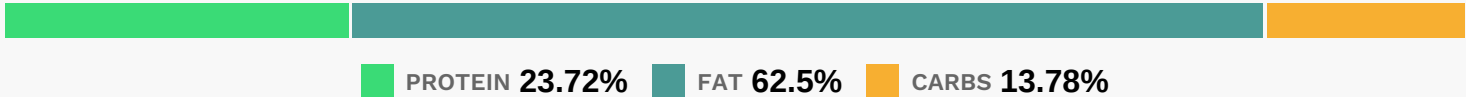
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ In a large bowl, whisk the eggs and milk until frothy.
- ☐ Add the fresh herbs.
- ☐ Preheat the broiler.
- ☐ In a medium skillet, heat the olive oil over medium-high heat and add the truffle butter, garlic and onions.
- ☐ Saute until the onions are golden in color. Then add the egg mixture and some salt and pepper.
- ☐ Let sit for a few minutes, and then add the cheeses and place in the oven. Broil the frittata until golden brown on top and cooked through.
- ☐ Garnish with the diced tomatoes placed in a heart shape on top of the frittata.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:194.5, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:28.550869444142%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 431.69kcal (21.58%), Fat: 30.37g (46.73%), Saturated Fat: 11.78g (73.61%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 11.01g (4.01%), Sugar: 7.55g (8.39%), Cholesterol: 523.34mg (174.45%), Sodium: 511.67mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Selenium: 45.25µg (64.64%), Vitamin A: 2822.62IU (56.45%), Vitamin B2: 0.92mg (54.29%), Phosphorus: 463.15mg (46.32%), Vitamin C: 32.45mg (39.34%), Vitamin K: 39.66µg (37.77%), Calcium: 328.02mg (32.8%), Vitamin B6: 0.59mg (29.51%), Vitamin B12: 1.69µg (28.13%), Iron: 4.88mg (27.14%), Manganese: 0.54mg (26.98%), Folate: 107.31µg (26.83%), Vitamin B5: 2.65mg (26.47%), Vitamin E: 3.97mg (26.47%), Potassium: 760.86mg (21.74%), Vitamin D: 3.11µg (20.75%), Zinc: 3.02mg (20.14%), Copper: 0.37mg (18.25%), Fiber: 4.05g (16.2%), Magnesium: 61.21mg (15.3%), Vitamin B1: 0.19mg (12.83%), Vitamin B3: 1.66mg (8.32%)