



WHATSheATE



Frittata with Mushrooms, Linguine, and Basil



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter melted
- ☐ 2 cups pasta hot cooked uncooked (4 ounces pasta)
- ☐ 3 cups cremini mushrooms sliced
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 0.3 cup basil fresh chopped
- ☐ 1.3 cups leek thinly sliced (2 large)

- ☐ 0.5 cup milk 1% low-fat
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 0.8 teaspoon salt

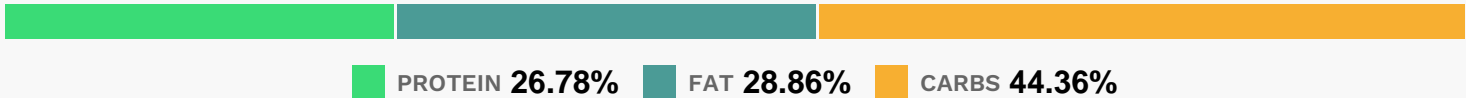
Equipment

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

Directions

- ☐ Preheat oven to 45
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add mushrooms and leek; cook 6 minutes or until leek is tender, stirring frequently.
- ☐ Combine milk and next 5 ingredients (milk through eggs) in a large bowl, stirring with a whisk.
- ☐ Add leek mixture, pasta, and basil; toss gently to combine.
- ☐ Heat pan over medium-low heat. Coat pan with cooking spray.
- ☐ Add egg mixture; cook until edges begin to set (about 4 minutes). Gently lift edge of egg mixture, tilting pan to allow some uncooked egg mixture to come in contact with pan. Cook 5 minutes or until almost set.
- ☐ Sprinkle evenly with cheese; wrap handle of pan with foil.
- ☐ Bake 7 minutes or until golden brown.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:11.35, Inflammation Score:-7, Nutrition Score:17.822173761285%

Flavonoids

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 281.41kcal (14.07%), Fat: 9.01g (13.87%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 29g (10.54%), Sugar: 4.42g (4.92%), Cholesterol: 155.42mg (51.81%), Sodium: 669mg (29.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.64%), Selenium: 54.27µg (77.52%), Vitamin B2: 0.69mg (40.61%), Phosphorus: 293.62mg (29.36%), Manganese: 0.49mg (24.62%), Copper: 0.42mg (21.16%), Vitamin K: 22.02µg (20.97%), Calcium: 207.22mg (20.72%), Vitamin A: 960.45IU (19.21%), Vitamin B5: 1.69mg (16.93%), Folate: 58.63µg (14.66%), Potassium: 495.65mg (14.16%), Iron: 2.52mg (13.98%), Zinc: 2.03mg (13.53%), Vitamin B3: 2.58mg (12.92%), Vitamin B6: 0.26mg (12.81%), Vitamin B12: 0.72µg (11.96%), Magnesium: 42.08mg (10.52%), Fiber: 2.18g (8.71%), Vitamin B1: 0.12mg (7.94%), Vitamin D: 1.17µg (7.81%), Vitamin E: 0.8mg (5.33%), Vitamin C: 3.7mg (4.48%)