



## Frittata with Mushrooms, Thyme, and Parmigiano Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.8 cup applesauce
- 3 jumbo eggs
- 16 ounces mushrooms fresh trimmed sliced (of your choice)
- 16 ounces mushrooms fresh trimmed sliced (of your choice)
- 1.5 tablespoons thyme sprigs fresh chopped
- 6 spring onion sliced
- 8 servings pepper fresh black to taste

- 0.3 cup half and half whole canned (or you can use milk)
- 0.5 cup parmesan fresh finely grated
- 8 servings salt

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Pre-heat oven on to 350 degrees (later you'll change it to "Broil").
- Heat an 8-inch ovenproof skillet over medium-high heat. Coat pan with cooking spray or butter.
- Add mushrooms and green onions to pan; saut 12 minutes or until mushrooms are nicely browned. In a medium bowl, add the eggs and egg replacement.
- Add the half and half.
- Add the Parmesan cheese.
- Add the thyme and any additional herbs that you like.
- Add salt and pepper and whisk everything together.
- Pour the egg/cheese mixture into the same pan with the sauteed mushrooms and green onions.
- Heat pan over medium heat. Cook, covered, for about 6 minutes or when it is just a little bit liquid-y/runny on the top. At that point, place the pan into the oven and cook on 350 for another 5 - 10 minutes. Once the frittata is completely set and cooked (not runny on top) change the oven temperature to "Broil".
- Place the pan on the lowest rack of the oven and broil for about 2 minutes or until a golden brown color forms on the top.

## Nutrition Facts



■ PROTEIN **43.38%** ■ FAT **36.03%** ■ CARBS **20.59%**

## Properties

Glycemic Index:25, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:18.359565217391%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 202.07kcal (10.1%), Fat: 8.22g (12.64%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 8.99g (3.27%), Sugar: 8.04g (8.93%), Cholesterol: 229.38mg (76.46%), Sodium: 527.57mg (22.94%), Protein: 22.26g (44.52%), Selenium: 49.56µg (70.79%), Vitamin B2: 1.03mg (60.41%), Phosphorus: 312.22mg (31.22%), Vitamin B5: 2.92mg (29.2%), Copper: 0.45mg (22.26%), Vitamin B3: 4.34mg (21.72%), Vitamin B12: 1.17µg (19.55%), Calcium: 187.79mg (18.78%), Vitamin K: 19.16µg (18.25%), Potassium: 618.22mg (17.66%), Folate: 66.83µg (16.71%), Vitamin A: 645.23IU (12.9%), Iron: 2.15mg (11.96%), Vitamin B1: 0.16mg (10.99%), Vitamin B6: 0.21mg (10.58%), Zinc: 1.58mg (10.56%), Magnesium: 35.92mg (8.98%), Vitamin C: 6.43mg (7.8%), Manganese: 0.13mg (6.51%), Fiber: 1.58g (6.31%), Vitamin D: 0.73µg (4.87%), Vitamin E: 0.64mg (4.26%)