

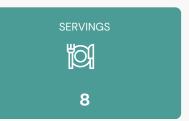
Frittata with Mushrooms, Thyme, and Parmigiano Cheese

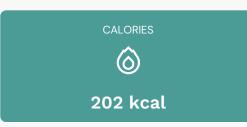
Gluten Free

READY IN

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45 min.





MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

Ш	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	
Dii	rections	
	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

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, Kaempferol: 0.12mg, Cuercetin: 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%)