



WHATSheATE



Frittata with Peaches and Cherries



Vegetarian



Gluten Free

READY IN



48 min.

SERVINGS



6

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 8 ounces cherries frozen thawed drained
- ☐ 6 eggs at room temperature
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 ounces goat cheese crumbled
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 servings maple syrup for serving
- ☐ 8 ounces peaches frozen thawed drained

- ☐ 0.3 cup sugar
- ☐ 0.3 cup milk whole

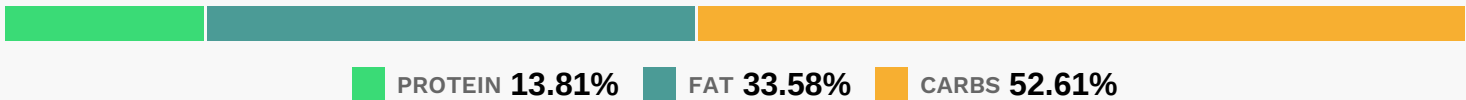
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F.
- ☐ Place the thawed peaches and cherries on a paper towel-lined plate to remove any excess juices. Set aside.
- ☐ In a medium bowl, whisk the eggs, milk, sugar, thyme, and salt until smooth. Stir in the fruit.
- ☐ Heat the oil in a 10-inch, oven-safe, nonstick skillet (without a rubber or plastic handle) over medium heat.
- ☐ Pour in the egg mixture and, using a wooden spoon, carefully distribute the fruit evenly in the pan.
- ☐ Sprinkle the cheese over the top and cook without stirring for 5 to 6 minutes, or until the edges start to set.
- ☐ Transfer the skillet to the oven and bake until the frittata is slightly puffed and the egg mixture has set, 25 to 30 minutes. Cool for 5 minutes. Using a silicone or rubber spatula, loosen the edge of the frittata and slide onto a platter.
- ☐ Cut into wedges and serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:41.97, Glycemic Load:15.38, Inflammation Score:-8, Nutrition Score:9.8617392726566%

Flavonoids

Cyanidin: 12.14mg, Cyanidin: 12.14mg, Cyanidin: 12.14mg, Cyanidin: 12.14mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 264.71kcal (13.24%), Fat: 10.06g (15.48%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 33.96g (12.35%), Sugar: 31.86g (35.4%), Cholesterol: 171.42mg (57.14%), Sodium: 319.23mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Vitamin B2: 0.55mg (32.63%), Manganese: 0.56mg (27.87%), Selenium: 14.96µg (21.37%), Phosphorus: 151.17mg (15.12%), Vitamin A: 603.34IU (12.07%), Copper: 0.2mg (9.76%), Vitamin B5: 0.95mg (9.47%), Calcium: 90.17mg (9.02%), Iron: 1.54mg (8.54%), Vitamin E: 1.2mg (8.02%), Vitamin B12: 0.47µg (7.89%), Potassium: 262.05mg (7.49%), Vitamin B6: 0.15mg (7.42%), Vitamin C: 6.06mg (7.35%), Vitamin D: 1.05µg (6.99%), Zinc: 1.02mg (6.77%), Folate: 26.69µg (6.67%), Fiber: 1.52g (6.1%), Magnesium: 22.02mg (5.51%), Vitamin B1: 0.07mg (4.42%), Vitamin K: 4.01µg (3.82%), Vitamin B3: 0.5mg (2.52%)