



WHATSheATE



Frittata With Peppers and Sweet Italian Sausage



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 teaspoon rosemary fresh chopped
- ☐ 1 bell pepper green sliced into thin strips
- ☐ 0.5 pound sausage sweet italian 2 links
- ☐ 0.8 cup milk

- ☐ 0.5 cup parmesan grated
- ☐ 1 bell pepper red sliced into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 1 large onion sweet sliced into 8 wedges
- ☐ 1 tablespoon vegetable oil
- ☐ 1 bell pepper yellow sliced into thin strips

Equipment

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

Directions

- ☐ Preheat oven to 450 F.
- ☐ Place a large skillet over medium-high heat.
- ☐ Remove the casings from the sausage and crumble the meat into the skillet. Saut until cooked through, 6 to 8 minutes.
- ☐ Remove the sausage from the skillet and set aside.
- ☐ Add the oil to the skillet.
- ☐ Add the peppers and onion and saut until the vegetables have started to brown and soften, about 15 minutes. While the peppers and onion cook, whisk the eggs together with the milk, parsley, Parmesan, salt, pepper, and rosemary. When the peppers and onion are done, turn off the heat and pour the egg mixture into the skillet.
- ☐ Sprinkle the sausage over the top and cook over medium-low heat for 5 minutes, or until almost set. Wrap the handle of the skillet with aluminum foil if it is not metal, and place the skillet in oven for 5 to 7 minutes or until the frittata is set.
- ☐ Let stand for 2 minutes before serving.
- ☐ Cut into 6 wedges and serve hot.

Nutrition Facts

 **PROTEIN 21.44%**  **FAT 64.94%**  **CARBS 13.62%**

Properties

Glycemic Index:33.17, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:21.611304407534%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 299.07kcal (14.95%), Fat: 21.65g (33.3%), Saturated Fat: 7.96g (49.73%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.82g (6.46%), Cholesterol: 201.73mg (67.24%), Sodium: 686.71mg (29.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.17%), Vitamin C: 87.78mg (106.4%), Vitamin K: 89.41µg (85.15%), Selenium: 25.71µg (36.72%), Vitamin A: 1508.91IU (30.18%), Phosphorus: 261.38mg (26.14%), Vitamin B2: 0.38mg (22.23%), Vitamin B6: 0.43mg (21.33%), Vitamin B1: 0.31mg (20.49%), Calcium: 191.98mg (19.2%), Vitamin B12: 1µg (16.67%), Folate: 60.87µg (15.22%), Zinc: 1.84mg (12.23%), Vitamin B5: 1.21mg (12.11%), Potassium: 424mg (12.11%), Iron: 2mg (11.11%), Vitamin B3: 1.92mg (9.61%), Manganese: 0.18mg (8.92%), Vitamin D: 1.26µg (8.38%), Magnesium: 32.4mg (8.1%), Vitamin E: 1.12mg (7.45%), Copper: 0.14mg (7.16%), Fiber: 1.64g (6.55%)