



WHATSheATE



Frittata with Ricotta and Mixed Greens



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 large eggs
- ☐ 1 cup basil fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.8 cup parsley fresh
- ☐ 1 clove garlic chopped
- ☐ 1 pound mustard greens mixed chopped (such as kale, Swiss chard, or mustard greens)
- ☐ 0.3 cup olive oil divided
- ☐ 2 tablespoons parmesan cheese freshly grated

- ☐ 8 ounces part-skim ricotta
- ☐ 1 tablespoon pinenuts
- ☐ 1 medium onion diced red finely
- ☐ 1 pinch pepper red
- ☐ 1 tablespoon red-wine vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 pepper black divided freshly ground

Equipment

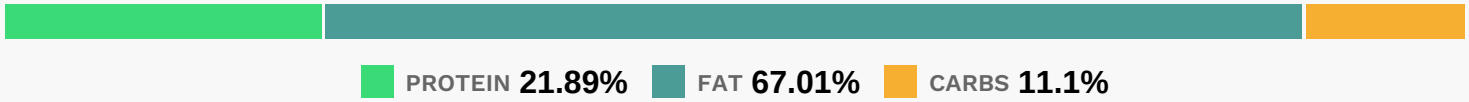
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ In a large nonstick skillet, heat 1 tablespoon oil over medium-high heat.
- ☐ Add onion and cook, stirring, until soft (about 4 minutes).
- ☐ Add pepper flakes and half of greens and cook until wilted and crisp-tender (about 5 minutes); place sauted greens in a colander. Repeat with remaining greens. Cool slightly and squeeze dry; transfer to a bowl. Using paper towel, wipe out skillet and reserve.
- ☐ In a large bowl, whisk together eggs, Parmesan, and 1/4 teaspoon each salt and pepper until smooth.
- ☐ Add to bowl with greens, vinegar, ricotta, and 1/8 teaspoon pepper; stir to combine. Fold the ricotta mixture into egg mixture.
- ☐ In reserved skillet, heat 1 tablespoon oil over medium heat.
- ☐ Pour egg mixture into pan and cook until the sides are set (about 8 minutes).

- ☐
- Transfer to oven and bake until completely set (about 15 minutes).
- ☐
- Combine basil, parsley, mint, garlic, and pine nuts in a food processor and process until all ingredients are coarsely chopped. With the motor running, slowly add the remaining 1/3 cup oil and season with 1/4 teaspoon each salt and pepper.
- ☐
- Remove frittata from oven and invert onto serving platter. Slice into 8 wedges and serve with pesto.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:21.377826172373%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 12.2mg, Apigenin: 12.2mg, Apigenin: 12.2mg, Apigenin: 12.2mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 9.87mg, Isorhamnetin: 9.87mg, Isorhamnetin: 9.87mg, Isorhamnetin: 9.87mg Kaempferol: 21.89mg, Kaempferol: 21.89mg, Kaempferol: 21.89mg, Kaempferol: 21.89mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 247.35kcal (12.37%), Fat: 18.73g (28.81%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.76g (1.95%), Cholesterol: 242.38mg (80.79%), Sodium: 307.64mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.53%), Vitamin K: 257.66µg (245.39%), Vitamin C: 49.31mg (59.77%), Vitamin A: 2868.31IU (57.37%), Selenium: 25.02µg (35.74%), Vitamin B2: 0.42mg (24.91%), Phosphorus: 234.44mg (23.44%), Vitamin E: 3.31mg (22.06%), Calcium: 209.51mg (20.95%), Iron: 2.84mg (15.79%), Folate: 55.2µg (13.8%), Vitamin B6: 0.25mg (12.46%), Vitamin B5: 1.21mg (12.07%), Potassium: 420.69mg (12.02%), Manganese: 0.22mg (11.24%), Vitamin B12: 0.66µg (10.92%), Zinc: 1.59mg (10.62%), Magnesium: 41mg (10.25%), Fiber: 2.47g (9.87%), Copper: 0.2mg (9.87%), Vitamin D: 1.28µg (8.56%), Vitamin B1: 0.1mg (6.36%), Vitamin B3: 0.72mg (3.62%)