



Frittata with Spaghetti and Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 teaspoons butter
- 2 large egg whites
- 4 large eggs
- 0.3 cup basil fresh chopped
- 1 large garlic clove minced
- 0.3 cup milk 1% low-fat
- 0.3 teaspoon pepper
- 0.5 pound plum tomatoes seeded chopped
- 0.5 teaspoon salt

- 2 ounces parmesan fresh
- 4 ounces pasta like spaghetti uncooked

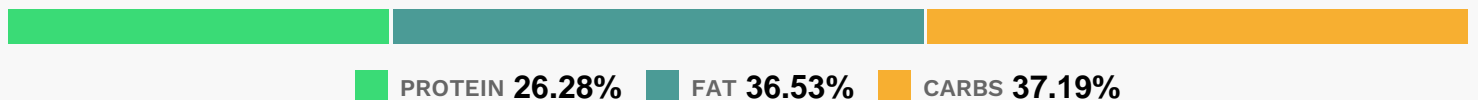
Equipment

- bowl
- frying pan
- whisk
- aluminum foil
- broiler

Directions

- Cook spaghetti according to package directions, omitting salt and fat.
- Drain well
- Combine eggs and next 4 ingredients in a large bowl; beat well with a whisk.
- Add spaghetti, tomato, garlic, and basil; stir well.
- Preheat broiler.
- Coat a large ovenproof nonstick skillet with cooking spray; melt butter in pan over medium heat.
- Add egg mixture. Cook, uncovered, 13 minutes or until top is almost set.
- Sprinkle with cheese.
- Wrap handle of pan with foil; broil 4 to 5 minutes or until set.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:9.31, Inflammation Score:-6, Nutrition Score:13.916086984717%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 279.19kcal (13.96%), Fat: 11.22g (17.26%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 24.04g (8.74%), Sugar: 3.65g (4.06%), Cholesterol: 202mg (67.33%), Sodium: 644.65mg (28.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.31%), Selenium: 40.31µg (57.59%), Phosphorus: 290.08mg (29.01%), Vitamin B2: 0.41mg (23.9%), Calcium: 238.73mg (23.87%), Vitamin A: 1033.91IU (20.68%), Manganese: 0.39mg (19.51%), Vitamin B12: 0.75µg (12.57%), Vitamin B5: 1.12mg (11.18%), Vitamin K: 11.54µg (10.99%), Zinc: 1.65mg (10.97%), Vitamin B6: 0.21mg (10.41%), Folate: 40.29µg (10.07%), Vitamin C: 8.27mg (10.03%), Potassium: 347.56mg (9.93%), Magnesium: 39.09mg (9.77%), Iron: 1.6mg (8.9%), Vitamin D: 1.29µg (8.58%), Copper: 0.17mg (8.49%), Fiber: 1.66g (6.64%), Vitamin E: 0.97mg (6.46%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 0.96mg (4.78%)