



Frittata with Spinach, Potatoes, and Leeks

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 1.5 tablespoons breadcrumbs dry
- ☐ 4 large egg whites
- ☐ 4 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 2 cups leek thinly sliced (2 large)

- ☐ 2 ounces provolone cheese shredded
- ☐ 0.8 pound potatoes red cooked peeled
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach fresh

Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add leek; saut 4 minutes.
- ☐ Add spinach; saut 2 minutes or until spinach wilts.
- ☐ Place mixture in a colander, pressing until barely moist.
- ☐ Combine milk, basil, salt, pepper, eggs, and egg whites; stir well with a whisk.
- ☐ Add leek mixture and potato.
- ☐ Pour into a 10-inch round ceramic baking dish or pie plate coated with cooking spray.
- ☐ Sprinkle with breadcrumbs and top with cheese.
- ☐ Bake at 350 for 25 minutes or until center is set.
- ☐ Preheat broiler.
- ☐ Broil frittata 4 minutes or until golden brown.
- ☐ Cut into wedges.

Nutrition Facts



 PROTEIN **27.46%**  FAT **33.51%**  CARBS **39.03%**

Properties

Glycemic Index:46.04, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:23.4765218444449%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 181.77kcal (9.09%), Fat: 6.9g (10.62%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 15.4g (5.6%), Sugar: 3.26g (3.63%), Cholesterol: 132.72mg (44.24%), Sodium: 429.09mg (18.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin K: 247.24µg (235.46%), Vitamin A: 5276.44IU (105.53%), Folate: 141.79µg (35.45%), Manganese: 0.7mg (35.07%), Vitamin C: 21.83mg (26.46%), Selenium: 17.97µg (25.68%), Vitamin B2: 0.42mg (24.93%), Phosphorus: 203.69mg (20.37%), Potassium: 700.88mg (20.03%), Calcium: 186.01mg (18.6%), Magnesium: 70.47mg (17.62%), Iron: 3.12mg (17.33%), Vitamin B6: 0.33mg (16.73%), Vitamin E: 1.64mg (10.91%), Copper: 0.22mg (10.75%), Fiber: 2.68g (10.73%), Vitamin B1: 0.15mg (9.92%), Vitamin B12: 0.54µg (9.06%), Vitamin B5: 0.89mg (8.94%), Zinc: 1.32mg (8.8%), Vitamin B3: 1.36mg (6.82%), Vitamin D: 0.86µg (5.76%)