



# Frittata with Swiss Chard, Potatoes, and Fontina

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 0.8 pound baking potato diced
- 0.3 teaspoon pepper black
- 4 large egg whites
- 3 large eggs
- 0.3 cup milk fat-free
- 2 ounces fontina shredded
- 0.3 cup parsley fresh chopped

- 0.5 teaspoon salt divided
- 1.5 teaspoons stick margarine
- 8 ounces swiss chard coarsely chopped
- 0.3 cup water

## Equipment

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

## Directions

- Place potato in a saucepan; cover with water. Bring to a boil; cook 8 minutes or until tender.
- Drain and cool. Toss potato with 1/4 teaspoon salt. Set aside.
- Combine the Swiss chard and water in a large saucepan over medium heat. Cover and cook for 10 minutes or until Swiss chard is tender.
- Drain.
- Combine 1/4 teaspoon salt, milk, and next 4 ingredients (milk through eggs) in a large bowl; stir with a whisk. Stir in potato and Swiss chard. Melt butter in a medium nonstick skillet coated with cooking spray over medium heat.
- Pour egg mixture into pan. Cover, reduce heat, and cook 10 minutes until almost set.
- Sprinkle with cheese.
- Preheat broiler.
- Wrap handle of skillet with foil. Broil 5 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:60.25, Glycemic Load:12.92, Inflammation Score:-10, Nutrition Score:22.19826099147%

## Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

## Nutrients (% of daily need)

Calories: 225.78kcal (11.29%), Fat: 9.75g (15%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 17.38g (6.32%), Sugar: 2.81g (3.12%), Cholesterol: 156.56mg (52.19%), Sodium: 666.05mg (28.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.27%), Vitamin K: 534.32µg (508.87%), Vitamin A: 4224.83IU (84.5%), Vitamin C: 26.85mg (32.54%), Selenium: 21.44µg (30.62%), Vitamin B2: 0.46mg (26.8%), Phosphorus: 225.75mg (22.57%), Vitamin B6: 0.44mg (22.12%), Potassium: 741.52mg (21.19%), Magnesium: 80.4mg (20.1%), Manganese: 0.38mg (19.02%), Calcium: 175.25mg (17.52%), Iron: 2.71mg (15.08%), Vitamin B12: 0.72µg (12.03%), Copper: 0.24mg (11.91%), Folate: 45.79µg (11.45%), Vitamin B5: 1.14mg (11.43%), Vitamin E: 1.6mg (10.66%), Zinc: 1.58mg (10.51%), Fiber: 2.17g (8.67%), Vitamin B1: 0.13mg (8.45%), Vitamin D: 1.06µg (7.06%), Vitamin B3: 1.27mg (6.33%)