



# Frittata with Whole Wheat Spaghetti and Spinach

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 teaspoon butter divided
- 3 large egg whites
- 3 large eggs
- 0.5 cup milk fat-free
- 1.3 ounces feta cheese crumbled
- 2 large garlic cloves minced
- 1 cup onion vertically sliced

- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 0.7 cup tomato and basil pasta sauce (such as Classico)
- 4 ounces pasta like spaghetti whole wheat uncooked thin

## Equipment

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

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Meanwhile, melt 1/2 teaspoon butter in a large nonstick skillet over medium heat.
- Add onion, and saut 7 minutes or until lightly browned.
- Add garlic; saut 30 seconds.
- Remove from heat.
- Combine eggs, egg whites, and next 3 ingredients in a large bowl; stir well with a whisk. Stir in pasta, onion mixture, and spinach.
- Melt 1/2 teaspoon butter in same pan; add egg mixture. Cover and cook 12 minutes or until top is almost set.
- Preheat broiler.
- Spread pasta sauce to within 1 1/2 inches of edges of frittata; sprinkle with cheese.
- Wrap handle of pan with foil. Broil 5 minutes or until golden.
- Cut into 4 wedges.

## Nutrition Facts



■ PROTEIN 25.43% ■ FAT 26.37% ■ CARBS 48.2%

## Properties

Glycemic Index:49.81, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:29.103478058525%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

## Nutrients (% of daily need)

Calories: 263.51kcal (13.18%), Fat: 8.03g (12.35%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 29.56g (10.75%), Sugar: 5.53g (6.15%), Cholesterol: 151.52mg (50.51%), Sodium: 502.91mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.84%), Vitamin K: 264.31µg (251.72%), Vitamin A: 8773.03IU (175.46%), Manganese: 1.47mg (73.34%), Selenium: 43.87µg (62.67%), Folate: 148.87µg (37.22%), Vitamin B2: 0.61mg (36.01%), Magnesium: 110.9mg (27.72%), Phosphorus: 264.74mg (26.47%), Calcium: 231.76mg (23.18%), Vitamin B6: 0.37mg (18.74%), Iron: 3.34mg (18.58%), Vitamin B1: 0.27mg (18.28%), Potassium: 587.51mg (16.79%), Vitamin E: 2.51mg (16.7%), Copper: 0.29mg (14.41%), Fiber: 3.45g (13.8%), Zinc: 2.06mg (13.72%), Vitamin B5: 1.23mg (12.29%), Vitamin B12: 0.7µg (11.59%), Vitamin B3: 2.06mg (10.28%), Vitamin C: 8.33mg (10.09%), Vitamin D: 1.12µg (7.5%)