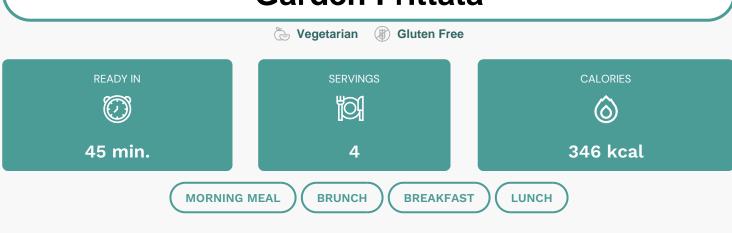


Garden Frittata



Ingredients

•	
	3 baby zucchini with blossoms, squash cut into 1/2-inch pieces, blossoms quartered lengthwise
	2 teaspoons chives snipped
	8 large eggs
	0.5 cup avarakkai / broad beans shelled
	2 garlic cloves minced
	0.3 cup milk
	3 tablespoons olive oil extra-virgin

3 baby pattypan squash cut into 1/2-inch pieces

	0.3 cup peas fresh frozen thawed	
	4 servings salt and pepper freshly ground	
	4 scallions light white green thinly sliced	
	6 ounces sorrel leaves chopped	
Equipment		
	bowl	
	frying pan	
	oven	
Dii	rections	
	Blanch the shelled favas in boiling water for 1 minute.	
	Drain, then rinse in cold water to stop the cooking; drain again. Pinch the favas out of their	
	skins.	
	Preheat the oven to 35	
	In an ovenproof skillet, heat 2 tablespoons of the olive oil over moderate heat.	
	Add the favas, garlic, squash and zucchini; season with salt and pepper. Cook until just softened, 3 minutes.	
	Transfer to a plate.	
	In a medium bowl, beat the eggs with the milk; season with salt and pepper. In the same skillet, heat the remaining 1 tablespoon of olive oil over moderately high heat.	
	Pour in the eggs, then stir in the cooked vegetables, sorrel, peas, scallions and chives; season with salt and pepper. Cook the frittata over moderate heat until the edge is set, 2 minutes.	
	Transfer the skillet to the oven and cook for 25 minutes, or until the frittata is set in the center and browned on top.	
	Serve hot or at room temperature.	
	Make Ahead: The frittata can be refrigerated overnight. Bring to room temperature before serving.	

Nutrition Facts

Properties

Glycemic Index:61.83, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:31.313478138136%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.02mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 345.94kcal (17.3%), Fat: 21.79g (33.53%), Saturated Fat: 5.06g (31.65%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 13.29g (4.83%), Sugar: 5.36g (5.95%), Cholesterol: 373.83mg (124.61%), Sodium: 352.89mg (15.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 21.9g (43.8%), Vitamin C: 100.19mg (121.44%), Vitamin A: 2796.32IU (55.93%), Folate: 214.68μg (53.67%), Selenium: 32.69μg (46.7%), Phosphorus: 439.39mg (43.94%), Vitamin K: 39.67μg (37.78%), Magnesium: 150.58mg (37.65%), Vitamin B2: 0.61mg (35.99%), Manganese: 0.69mg (34.51%), Potassium: 1187.48mg (33.93%), Vitamin B6: 0.58mg (29.21%), Iron: 5.17mg (28.7%), Vitamin B5: 2.32mg (23.22%), Zinc: 3.34mg (22.25%), Fiber: 5.51g (22.03%), Copper: 0.43mg (21.56%), Vitamin E: 2.82mg (18.8%), Vitamin B1: 0.25mg (16.95%), Vitamin B12: 0.97μg (16.21%), Calcium: 151.81mg (15.18%), Vitamin D: 2.17μg (14.45%), Vitamin B3: 2.31mg (11.55%)