



## Garden Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## 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

## Directions

- ☐ 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



 PROTEIN **24.41%**  FAT **54.64%**  CARBS **20.95%**

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, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 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 %: 0% (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%)