



Garden Veggie Frittata



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 eggs beaten
- ☐ 0.3 cup milk
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon marjoram fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon cooking oil
- ☐ 0.3 cup onion chopped

- ☐ 1 small zucchini halved lengthwise sliced
- ☐ 1 garlic clove minced
- ☐ 2 cups broccoli florets fresh
- ☐ 1 cup corn frozen
- ☐ 2 teaspoons cooking oil
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 plum tomatoes italian thinly sliced

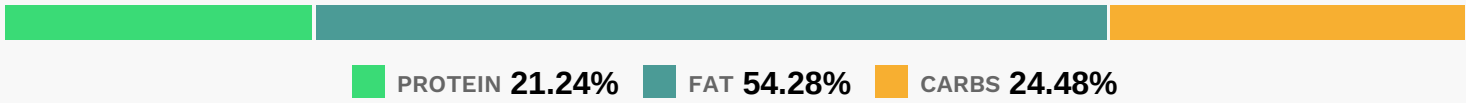
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, combine eggs, milk, chives, marjoram, salt and pepper; mix well. Set aside.
- ☐ Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until hot.
- ☐ Add onion, zucchini and garlic; cook and stir 1 minute. Reduce heat to medium.
- ☐ Add broccoli, corn and 1/4 cup water; cover and cook 4 to 6 minutes or until vegetables are crisp-tender, stirring occasionally.
- ☐ Remove vegetables from skillet.
- ☐ Add 2 teaspoons oil to skillet. Return vegetables to skillet; pour egg mixture over vegetables. Cover loosely; cook over medium heat for 10 to 15 minutes or until center is set, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet.
- ☐ Sprinkle frittata with cheese; arrange tomato slices on top. Cover; cook 1 to 2 minutes or until cheese is melted. If desired, garnish with additional chives or sprigs of marjoram. To serve, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:20.389130136241%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 286.36kcal (14.32%), Fat: 17.92g (27.57%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 14.89g (5.42%), Sugar: 4.18g (4.65%), Cholesterol: 262.13mg (87.38%), Sodium: 506.53mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin C: 54.77mg (66.39%), Vitamin K: 56.82µg (54.12%), Selenium: 26.37µg (37.67%), Phosphorus: 306.27mg (30.63%), Vitamin B2: 0.52mg (30.63%), Folate: 94.28µg (23.57%), Vitamin A: 1169.15IU (23.38%), Calcium: 198.65mg (19.86%), Vitamin B6: 0.39mg (19.36%), Vitamin B5: 1.64mg (16.4%), Potassium: 573.74mg (16.39%), Vitamin E: 2.34mg (15.57%), Manganese: 0.31mg (15.51%), Vitamin B12: 0.85µg (14.12%), Zinc: 2.11mg (14.1%), Fiber: 3.28g (13.13%), Magnesium: 47.62mg (11.91%), Iron: 2.05mg (11.37%), Vitamin D: 1.63µg (10.86%), Vitamin B1: 0.15mg (9.98%), Vitamin B3: 1.41mg (7.03%), Copper: 0.14mg (6.97%)