



## Garlicky Ham, Mushroom, and Spinach Frittata

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 tablespoons butter
- 0.8 cup ham diced cooked
- 9 eggs beaten
- 8 ounce mushrooms fresh sliced
- 8 cloves garlic smashed
- 1 shallots sliced
- 4 cups bagged spinach fresh

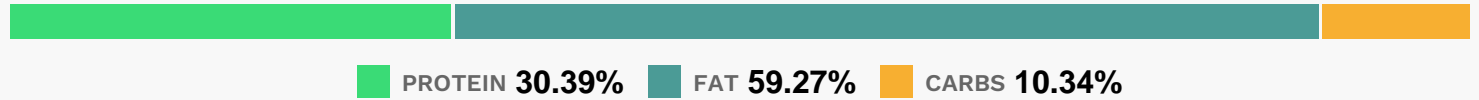
### Equipment

- frying pan
- oven
- knife

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat butter in a large ovenproof skillet over medium heat; cook and stir garlic and shallot in hot butter until shallot is softened, about 5 minutes. Stir mushrooms into shallot and garlic; cook and stir until mushrooms begin to brown, 8 to 10 minutes. Stir spinach into mushroom mixture, cover, and cook until spinach is wilted, about 5 more minutes, stirring occasionally.
- Stir in ham, cook until ham begins to brown, about 5 minutes.
- Pour eggs evenly into skillet and cover.
- Bake in the preheated oven until the frittata is set in the middle and lightly puffed, about 25 minutes. A knife inserted into the center of the frittata should come out clean.
- Sprinkle with Cheddar cheese, let stand until cheese has melted, about 5 minutes. Season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:18.626956483592%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 170.76kcal (8.54%), Fat: 11.37g (17.49%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.42g (1.25%), Sugar: 1.45g (1.61%), Cholesterol: 265.86mg (88.62%), Sodium: 305.74mg (13.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.23%), Vitamin K: 97.23µg (92.6%), Vitamin A: 2348.95IU (46.98%), Selenium: 27.44µg (39.2%), Vitamin B2: 0.53mg (31.28%), Phosphorus: 223.97mg (22.4%), Folate: 78.35µg (19.59%), Vitamin B5: 1.75mg (17.55%), Manganese: 0.3mg (15.07%), Vitamin B6: 0.29mg (14.54%),

Vitamin C: 11.29mg (13.68%), Vitamin B12: 0.81µg (13.49%), Iron: 2.13mg (11.81%), Copper: 0.23mg (11.27%), Potassium: 393.65mg (11.25%), Vitamin B1: 0.16mg (10.55%), Vitamin B3: 2.1mg (10.5%), Zinc: 1.54mg (10.24%), Vitamin D: 1.4µg (9.3%), Vitamin E: 1.22mg (8.11%), Magnesium: 32.06mg (8.01%), Calcium: 68.64mg (6.86%), Fiber: 1.04g (4.14%)