



Garlicky Ham, Mushroom, and Spinach Frittata

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



248 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
- 1 cup cheddar cheese shredded
- 4 cups bagged spinach fresh

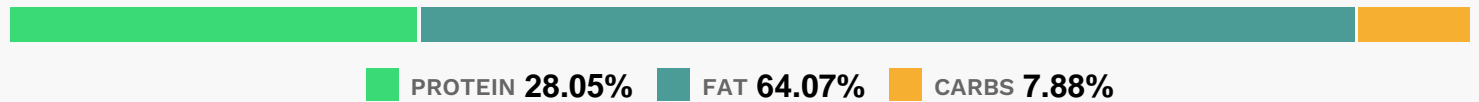
Equipment

- 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:33.5, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:20.946521696837%

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: 247.6kcal (12.38%), Fat: 17.77g (27.34%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.51g (1.68%), Cholesterol: 284.7mg (94.9%), Sodium: 428.91mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35.01%), Vitamin K: 97.68µg (93.03%), Vitamin A:

2537.66IU (50.75%), Selenium: 32.77µg (46.81%), Vitamin B2: 0.61mg (36.17%), Phosphorus: 310.23mg (31.02%), Folate: 82.3µg (20.58%), Calcium: 201.79mg (20.18%), Vitamin B5: 1.83mg (18.33%), Vitamin B12: 1.01µg (16.82%), Vitamin B6: 0.3mg (15.19%), Manganese: 0.3mg (15.16%), Zinc: 2.23mg (14.85%), Vitamin C: 11.29mg (13.68%), Iron: 2.16mg (11.97%), Potassium: 408.15mg (11.66%), Copper: 0.23mg (11.58%), Vitamin B1: 0.16mg (10.91%), Vitamin B3: 2.11mg (10.54%), Vitamin D: 1.51µg (10.06%), Magnesium: 37.14mg (9.29%), Vitamin E: 1.36mg (9.05%), Fiber: 1.04g (4.14%)