



## Gluten-Free Artichoke Basil Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 1 can artichoke hearts frozen thawed drained (13 to 14.5 oz)
- 1 tablespoon olive oil
- 0.5 cup onion red chopped
- 2 cloves garlic finely chopped
- 2 tablespoons basil dried fresh chopped
- 1 tablespoon parsley fresh chopped
- 6 eggs
- 0.5 teaspoon salt

- 0.3 teaspoon pepper
- 2 tablespoons parmesan cheese gluten free grated

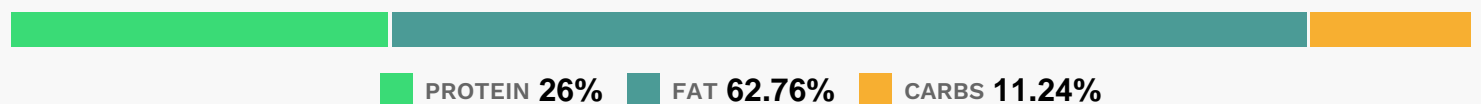
## Equipment

- bowl
- frying pan
- oven
- broiler

## Directions

- Cut artichoke hearts into quarters. In 10-inch ovenproof nonstick skillet, heat oil over medium heat (if not using nonstick skillet, increase oil to 2 tablespoons).
- Add onion, garlic, basil and parsley; cook 3 minutes, stirring frequently, until onion is tender. Reduce heat to medium-low.
- In medium bowl, beat eggs, salt and pepper until blended.
- Pour over onion mixture. Arrange artichokes on top of egg mixture. Cover; cook 7 to 9 minutes or until eggs are set around edge and beginning to brown on bottom (egg mixture will be uncooked on top).
- Sprinkle with cheese.
- Set oven control to broil. Broil frittata with top about 5 inches from heat about 3 minutes or until eggs are cooked on top and light golden brown. (Frittata will puff up during broiling but will collapse when removed from broiler.)

## Nutrition Facts



## Properties

Glycemic Index:20.17, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:7.7613042878068%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin:

0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## **Nutrients (% of daily need)**

Calories: 101.01kcal (5.05%), Fat: 7.07g (10.87%), Saturated Fat: 2g (12.47%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.77g (0.85%), Cholesterol: 165.13mg (55.04%), Sodium: 287.67mg (12.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Vitamin K: 35.57µg (33.87%), Selenium: 14.35µg (20.49%), Vitamin B2: 0.23mg (13.45%), Iron: 2.08mg (11.58%), Phosphorus: 107.35mg (10.74%), Manganese: 0.19mg (9.55%), Calcium: 75.58mg (7.56%), Vitamin B5: 0.72mg (7.18%), Folate: 28.71µg (7.18%), Vitamin B12: 0.41µg (6.9%), Vitamin E: 0.96mg (6.39%), Vitamin A: 319.17IU (6.38%), Vitamin B6: 0.12mg (6.17%), Vitamin D: 0.89µg (5.92%), Zinc: 0.78mg (5.19%), Magnesium: 17.45mg (4.36%), Potassium: 127.61mg (3.65%), Copper: 0.07mg (3.54%), Fiber: 0.8g (3.2%), Vitamin C: 2.2mg (2.67%), Vitamin B1: 0.03mg (1.87%)