



Gluten-Free Artichoke Basil Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 can artichoke hearts frozen thawed drained (13 to 14.5 oz)
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese gluten free grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup onion red chopped

☐ 0.5 teaspoon salt

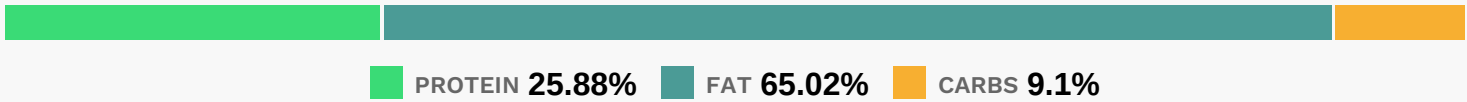
Equipment

- ☐ 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:-2, Nutrition Score:5.5721739828587%

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: 97.9kcal (4.89%), Fat: 7.01g (10.79%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.75g (0.83%), Cholesterol: 165.13mg (55.04%), Sodium: 286.65mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Selenium: 14.31µg (20.44%), Vitamin B2: 0.21mg (12.5%), Vitamin K: 12.71µg (12.1%), Phosphorus: 103.7mg (10.37%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.41µg (6.9%), Vitamin A: 309.25IU (6.18%), Folate: 24.58µg (6.15%), Vitamin D: 0.89µg (5.92%), Vitamin E: 0.82mg (5.44%), Vitamin B6: 0.11mg (5.28%), Iron: 0.89mg (4.93%), Calcium: 45.71mg (4.57%), Zinc: 0.68mg (4.55%), Manganese: 0.06mg (3.01%), Vitamin C: 2.19mg (2.66%), Potassium: 92.54mg (2.64%), Copper: 0.04mg (2.14%), Magnesium: 7.97mg (1.99%), Vitamin B1: 0.03mg (1.8%), Fiber: 0.3g (1.19%)