



Gluten-Free Rosemary Potato Frittata

READY IN



35 min.

SERVINGS



8

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 10 grape tomatoes cut in half
- 1 serving olive oil cooking spray
- 2 teaspoons rosemary leaves fresh chopped
- 6 eggs
- 0.3 cup milk
- 0.3 cup pancake mix gluten free
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon olive oil

- 2 small potatoes – remove skin red unpeeled cut into cubes (1 cup)
- 5 cups pkt spinach fresh loosely packed chopped
- 2 oz parmesan shredded
- 1 leaves rosemary fresh chopped

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Spray tomatoes with cooking spray. In 10- inch nonstick skillet with sloping sides (omelet or crepe pan), cook tomatoes and 1 teaspoon of the rosemary over medium-high heat 4 to 5 minutes or until browned.
- Remove from heat; place in small bowl. In medium bowl, beat eggs and milk with fork or wire whisk until blended. Stir in Bisquick™ mix, salt and pepper. Set aside.
- In same skillet, heat oil over medium heat. Cook potatoes in oil about 6 minutes, stirring frequently, until tender.
- Add spinach and remaining 1 teaspoon rosemary; cook 1 to 2 minutes or until spinach is wilted. Reduce heat to low.
- Spread potatoes and spinach in skillet; top with tomatoes.
- Pour egg mixture over top. Stir well with rubber spatula. Cover; cook 14 to 15 minutes, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet, until bottom is lightly browned and set.
- Sprinkle with cheese. Cover and cook 1 minute longer.
- Garnish with additional rosemary.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:14.793043447577%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 142.46kcal (7.12%), Fat: 7.48g (11.51%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 8.85g (3.22%), Sugar: 1.73g (1.92%), Cholesterol: 131.38mg (43.79%), Sodium: 280.13mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Vitamin K: 94.87µg (90.35%), Vitamin A: 2199.22IU (43.98%), Selenium: 12.68µg (18.11%), Phosphorus: 175.36mg (17.54%), Folate: 65.1µg (16.28%), Vitamin B2: 0.25mg (14.75%), Calcium: 147.46mg (14.75%), Vitamin C: 11.94mg (14.47%), Manganese: 0.28mg (13.99%), Potassium: 422.17mg (12.06%), Vitamin B6: 0.2mg (9.99%), Iron: 1.62mg (8.99%), Magnesium: 35.79mg (8.95%), Vitamin E: 1.12mg (7.45%), Vitamin B5: 0.74mg (7.38%), Vitamin B12: 0.43µg (7.23%), Zinc: 0.96mg (6.42%), Copper: 0.12mg (6.18%), Fiber: 1.54g (6.16%), Vitamin B1: 0.09mg (5.74%), Vitamin D: 0.78µg (5.2%), Vitamin B3: 0.85mg (4.27%)