



Greek Artichoke-Spinach Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup water-packed artichoke hearts drained coarsely chopped
- ☐ 1.5 ounces tightly prewashed baby spinach leaves packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 cups hash brown potatoes fresh refrigerated (such as Simply)
- ☐ 1.5 teaspoons olive oil

- ☐ 2 roma tomatoes thinly sliced
- ☐ 1 tablespoon greek seasoning

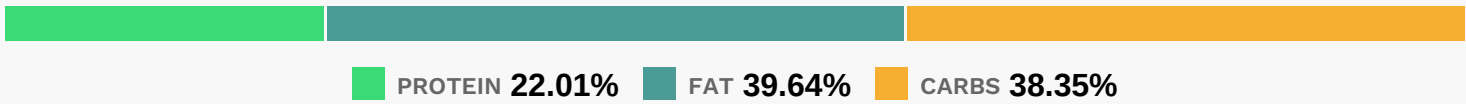
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a 10-inch cast-iron skillet over medium heat.
- ☐ Add hash browns; sprinkle with Greek seasoning, and saut 4 to 5 minutes or until lightly browned.
- ☐ Add chopped artichokes, and cook 2 minutes or until thoroughly heated. Stir in spinach, and cook 2 minutes or until spinach wilts, stirring frequently.
- ☐ Separate eggs, reserving 4 egg yolks for another use.
- ☐ Combine remaining 2 egg yolks, whites, and milk, stirring with a whisk.
- ☐ Pour egg mixture over potato mixture.
- ☐ Sprinkle with pepper and feta cheese. Arrange tomato slices over feta. Cook over medium heat 3 to 4 minutes or until edges are set.
- ☐ Place frittata under broiler, and cook 4 to 5 minutes or until center is set and top begins to brown.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:49.56, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:21.553913240847%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 284.51kcal (14.23%), Fat: 12.61g (19.4%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 22.76g (8.28%), Sugar: 2.83g (3.14%), Cholesterol: 292.23mg (97.41%), Sodium: 554.64mg (24.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Vitamin K: 78.37µg (74.64%), Selenium: 26.15µg (37.36%), Vitamin A: 1825.14IU (36.5%), Vitamin B2: 0.55mg (32.33%), Phosphorus: 285.78mg (28.58%), Manganese: 0.51mg (25.5%), Iron: 4.19mg (23.26%), Calcium: 222.56mg (22.26%), Folate: 78.45µg (19.61%), Vitamin C: 15.93mg (19.31%), Fiber: 4.7g (18.79%), Vitamin B6: 0.38mg (18.76%), Potassium: 626.68mg (17.91%), Vitamin B5: 1.77mg (17.69%), Vitamin B12: 1.03µg (17.09%), Vitamin E: 2.09mg (13.92%), Vitamin B1: 0.19mg (12.77%), Zinc: 1.9mg (12.65%), Vitamin B3: 2.4mg (12.01%), Magnesium: 47.7mg (11.92%), Vitamin D: 1.78µg (11.88%), Copper: 0.22mg (11%)