



Greek Frittata



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



456 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 0.5 teaspoon pepper black
- ☐ 10 large eggs
- ☐ 8 ounces feta crumbled
- ☐ 1 pint grape tomatoes halved
- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 4 scallions white green thinly sliced (and parts)

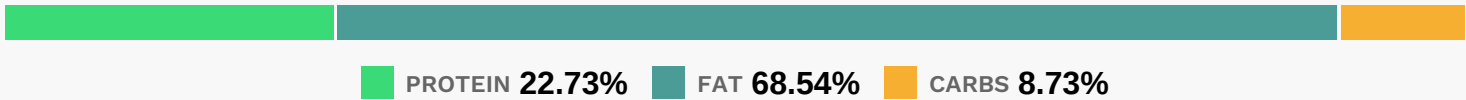
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ toaster

Directions

- ☐ Heat toaster oven to 350 F.
- ☐ Add the oil to a 2-quart casserole and transfer to oven for 5 minutes. Meanwhile, in a bowl, whisk together the eggs, salt, and pepper.
- ☐ Add the spinach, tomatoes, and scallions and combine. Gently stir in the Feta.
- ☐ Remove casserole from oven.
- ☐ Pour the egg mixture into casserole.
- ☐ Bake until the frittata is browned around the edges and slightly puffed and a knife comes out clean, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:34.75434751096%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 455.73kcal (22.79%), Fat: 34.98g (53.82%), Saturated Fat: 12.97g (81.03%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 7.45g (2.71%), Sugar: 4g (4.45%), Cholesterol: 515.46mg (171.82%), Sodium: 2022.7mg (87.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Vitamin K: 213.47µg (203.31%), Vitamin A: 5343.58IU (106.87%), Vitamin B2: 1.15mg (67.61%), Selenium: 47.32µg (67.6%), Phosphorus: 489.17mg (48.92%), Folate: 171.11µg (42.78%), Calcium: 407.01mg (40.7%), Vitamin B12: 2.07µg (34.51%), Vitamin C: 28.42mg (34.45%), Vitamin B6: 0.62mg (31.23%), Vitamin E: 4.35mg (29.02%), Manganese: 0.56mg (27.88%), Vitamin B5: 2.61mg (26.05%), Zinc: 3.69mg (24.58%), Iron: 4.11mg (22.81%), Potassium: 722.54mg (20.64%), Vitamin D: 2.73µg (18.18%), Magnesium: 69.64mg (17.41%), Vitamin B1: 0.22mg (14.37%), Copper: 0.24mg (11.91%), Fiber: 2.57g (10.3%), Vitamin B3: 1.68mg (8.4%)