



Greek Frittata



Vegetarian



Gluten Free

READY IN



46 min.

SERVINGS



4

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large egg whites
- ☐ 3 cups eggplant diced peeled
- ☐ 4 large eggs
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1.5 teaspoons olive oil

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1.5 cups potatoes diced with onion (such as simply potatoes)
- ☐ 0.7 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt

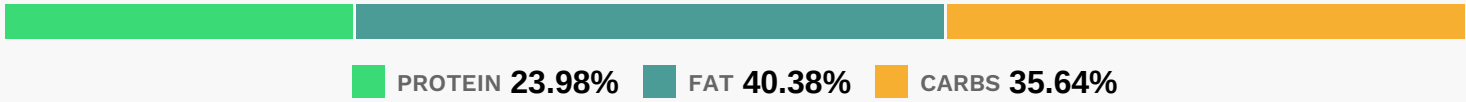
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add eggplant and next 3 ingredients; cook 10 minutes or until vegetables are tender. Stir in olives.
- ☐ Combine eggs, egg whites, and next 3 ingredients in a small bowl, stirring with a whisk.
- ☐ Pour over vegetable mixture.
- ☐ Sprinkle with feta cheese. Wrap handle of pan with foil.
- ☐ Bake at 425 for 20 minutes or until set.
- ☐ Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:11.23, Inflammation Score:-9, Nutrition Score:18.188260700392%

Flavonoids

Delphinidin: 52.7mg, Delphinidin: 52.7mg, Delphinidin: 52.7mg, Delphinidin: 52.7mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 240.05kcal (12%), Fat: 10.97g (16.88%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 16.81g (6.11%), Sugar: 4.36g (4.84%), Cholesterol: 198.62mg (66.21%), Sodium: 717.25mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.31%), Vitamin C: 49.15mg (59.58%), Selenium: 24.87µg (35.53%), Vitamin B2: 0.57mg (33.6%), Vitamin B6: 0.54mg (26.88%), Vitamin A: 1178.31IU (23.57%), Phosphorus: 222.5mg (22.25%), Manganese: 0.42mg (20.84%), Fiber: 4.97g (19.89%), Potassium: 683.39mg (19.53%), Folate: 70.19µg (17.55%), Vitamin B5: 1.48mg (14.75%), Calcium: 144.73mg (14.47%), Vitamin K: 14.29µg (13.61%), Iron: 2.41mg (13.37%), Vitamin E: 1.9mg (12.69%), Vitamin B12: 0.71µg (11.9%), Magnesium: 46.93mg (11.73%), Copper: 0.21mg (10.58%), Zinc: 1.51mg (10.06%), Vitamin B1: 0.15mg (10.04%), Vitamin B3: 1.77mg (8.87%), Vitamin D: 1.06µg (7.04%)