

Grilled Poblano Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 6-inch corn tortillas ()
- 7 eggs lightly beaten
- 3 tablespoons cilantro leaves fresh chopped
- 0.5 jalapeno minced seeded
- 2 teaspoons juice of lime
- 1 cup monterrey jack cheese shredded
- 1 tablespoon olive oil
- 1 small onion minced

- 3 poblano pepper
- 4 servings salt and pepper to taste
- 3 tomatoes

Equipment

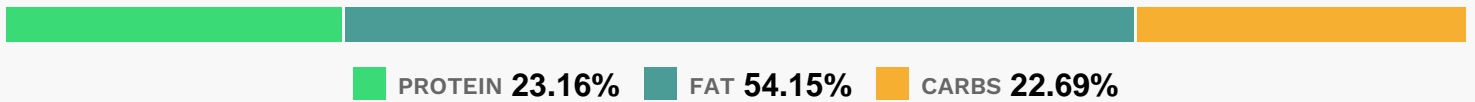
- bowl
- frying pan
- baking sheet
- oven
- knife
- grill
- spatula

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the poblano peppers and the tomatoes over a medium gas flame, either on a grill or right on the burners. Rotate the vegetables every few minutes so that the skins don't completely blacken.
- Remove the vegetables once their skins are blistering and just partially charred.
- Let the vegetables cool a bit.
- Remove the skins of the vegetables with a paring knife.
- Cut the poblanos into 1/2 inch wide strips, and set them aside.
- Cut the tomatoes into 1/2 inch cubes, and put them into a bowl.
- Add onions, lime juice, cilantro, jalapeno, salt and pepper to the bowl.
- Mix well. Chill the salsa if you won't be making the frittata within the next few hours.
- Make the chips: Stack the tortillas and cut the stack into six wedges.
- Spread the pieces on a baking sheet, lightly salt them and bake them for 10 minutes or until they are crisp.
- Remove the chips from the oven but keep the oven on.

- Heat the olive oil in a 10 to 12 inch non-stick oven-proof skillet over medium heat.
- Add the eggs, and stir them for the first minute of cooking with a plastic spatula.
- Let the eggs rest for a few seconds, then push the frittata to one side of the pan so the uncooked egg runs underneath.
- When the frittata is still moist but no longer runny, sprinkle it with salt, pepper and the shredded Jack cheese.
- Place the poblano strips in a star shape on top of the cheese.
- Bake the frittata in the oven for 3 to 4 minutes or until it is just set.
- Remove the skillet from the oven and stick the tortilla chips around the edge of the frittata. Take the skillet to the table and cut the frittata into wedges.
- Serve with the salsa.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:5.41, Inflammation Score:-9, Nutrition Score:22.269565084706%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 331.59kcal (16.58%), Fat: 20.3g (31.23%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 14.93g (5.43%), Sugar: 6.02g (6.69%), Cholesterol: 311.58mg (103.86%), Sodium: 489.71mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.08%), Vitamin C: 88.6mg (107.39%), Selenium: 29.02µg (41.46%), Phosphorus: 385.13mg (38.51%), Vitamin A: 1772.81IU (35.46%), Vitamin B2: 0.52mg (30.83%), Calcium: 292.75mg (29.28%), Vitamin B6: 0.5mg (24.97%), Vitamin K: 18.28µg (17.4%), Folate: 69.25µg (17.31%), Fiber: 4.22g (16.87%), Manganese: 0.33mg (16.44%), Potassium: 574.69mg (16.42%), Zinc: 2.41mg (16.04%), Vitamin E: 2.35mg (15.65%), Vitamin B12: 0.92µg (15.33%), Vitamin B5: 1.46mg (14.63%), Iron: 2.41mg (13.41%), Magnesium: 52.28mg (13.07%), Vitamin D: 1.71µg (11.4%), Copper: 0.22mg (10.85%), Vitamin B1: 0.15mg (9.86%), Vitamin B3: 1.4mg (7.01%)