



Ham, Vegetable and Cheese Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup finely-chopped ham cooked chopped
- ☐ 4 eggs
- ☐ 1 tablespoon basil fresh sliced
- ☐ 1 oz cheese shredded italian-style
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion thinly sliced
- ☐ 1 Dash pepper

- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 1 medium roma tomatoes sliced (plum)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup zucchini chopped

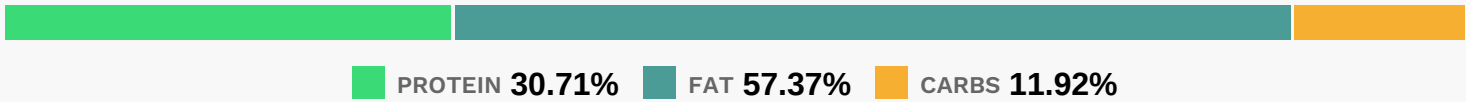
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In 10-inch nonstick skillet, melt butter over medium heat. Cook bell pepper, onion, zucchini and ham in butter 3 to 4 minutes, stirring occasionally, until vegetables are crisp-tender and ham is starting to brown.
- ☐ Meanwhile, in small bowl, beat eggs, milk, salt and pepper with fork or wire whisk until well mixed.
- ☐ Pour egg mixture over ham mixture. Cook over medium heat 6 to 8 minutes, stirring gently, until eggs are almost set. Reduce heat to low. Top with tomato slices and cheese. Cover and cook 2 to 3 minutes or until cheese is melted and eggs are completely set.
- ☐ Sprinkle with basil.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:12.724782653477%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 179.03kcal (8.95%), Fat: 11.39g (17.52%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.4g (3.77%), Cholesterol: 191.73mg (63.91%), Sodium: 620.93mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.43%), Vitamin C: 36.9mg (44.72%), Selenium: 20.75µg (29.64%), Vitamin A: 1205.59IU (24.11%), Phosphorus: 231.48mg (23.15%), Vitamin B2: 0.35mg (20.58%), Vitamin B12: 1.04µg (17.29%), Vitamin B1: 0.21mg (14.03%), Vitamin B6: 0.28mg (13.8%), Vitamin B5: 1.12mg (11.21%), Zinc: 1.63mg (10.86%), Folate: 40.82µg (10.2%), Calcium: 92.95mg (9.3%), Potassium: 317.36mg (9.07%), Vitamin B3: 1.43mg (7.17%), Vitamin D: 1.08µg (7.17%), Iron: 1.28mg (7.12%), Vitamin E: 1mg (6.64%), Manganese: 0.13mg (6.47%), Magnesium: 23.66mg (5.92%), Vitamin K: 5.34µg (5.09%), Copper: 0.1mg (4.78%), Fiber: 1.09g (4.35%)