



Herb Frittata: Frittata con le Erbe



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup basil whole
- ☐ 2 tablespoons butter
- ☐ 8 eggs beaten
- ☐ 0.3 cup marjoram leaves
- ☐ 0.3 cup parsley leaves
- ☐ 1 tablespoon freshly rosemary chopped
- ☐ 1 tablespoon freshly sage chopped
- ☐ 1 tablespoon freshly thyme chopped

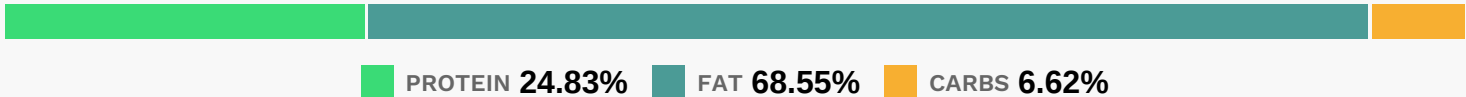
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, whip together eggs with 6 herbs and season with salt and pepper.
- ☐ In a 8 to 10-inch non-stick saute pan, melt the butter over medium heat until just turning brown.
- ☐ Add egg mixture and cook slowly for 12 to 15 minutes, until set on bottom. Carefully flip over and continue cooking 6 to 7 minutes, until set. Allow to cool and serve cut into wedges with a salad made of herbs, dressed lightly in olive oil and red wine vinegar.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:19.656521600226%

Flavonoids

Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.75kcal (9.44%), Fat: 14.41g (22.16%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.45g (0.5%), Cholesterol: 342.41mg (114.14%), Sodium: 174.15mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Copper: 4.66mg (232.84%), Vitamin K: 80.91µg (77.06%), Selenium: 27.21µg (38.87%), Vitamin A: 1305.3IU (26.11%), Vitamin B2: 0.43mg (25.17%), Iron: 4.1mg (22.75%), Phosphorus: 187.81mg (18.78%), Manganese: 0.35mg (17.26%), Folate: 56.09µg (14.02%), Vitamin B5: 1.38mg (13.82%), Vitamin B12: 0.8µg (13.25%), Calcium: 121.91mg (12.19%), Vitamin D: 1.76µg (11.73%), Vitamin C: 9.39mg (11.39%), Vitamin B6: 0.19mg (9.7%), Zinc: 1.34mg (8.94%), Vitamin E: 1.16mg (7.74%), Magnesium: 26.91mg (6.73%), Fiber: 1.52g (6.08%), Potassium: 200.59mg (5.73%), Vitamin B1: 0.05mg (3.53%), Vitamin B3: 0.25mg (1.25%)