



Herb Frittatas



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 12 large eggs
- ☐ 2 tablespoons herbs fresh chopped (such as parsley, thyme, rosemary or chives)
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

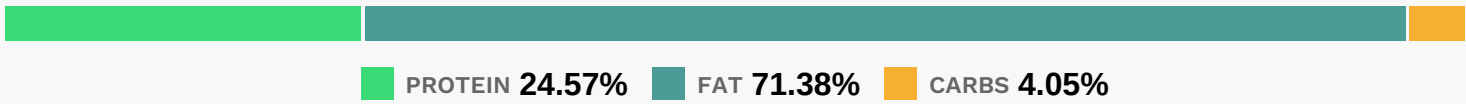
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Coat a 12-cup nonstick muffin tin with cooking spray.
- ☐ In a large bowl, whisk eggs with salt and pepper until blended.
- ☐ Warm oil in a small skillet over medium-high heat. Saut onion until softened but not browned, 3 to 5 minutes.
- ☐ Add garlic and saut 1 minute longer.
- ☐ Remove from heat and cool slightly.
- ☐ Whisk onion mixture and herbs into eggs. Divide among the 12 muffin cups and bake until set in center, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:6.7652174040027%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 126.59kcal (6.33%), Fat: 9.92g (15.27%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.53g (0.59%), Cholesterol: 223.2mg (74.4%), Sodium: 202.35mg (8.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.37%), Selenium: 18.5µg (26.43%), Vitamin B2: 0.28mg (16.31%), Vitamin K: 15.94µg (15.18%), Phosphorus: 121.83mg (12.18%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.53µg (8.9%), Vitamin E: 1.24mg (8.29%), Vitamin D: 1.2µg (8%), Vitamin A: 391.83IU (7.84%), Folate: 30.76µg (7.69%), Iron: 1.15mg (6.38%), Vitamin B6: 0.12mg (5.75%), Zinc: 0.8mg (5.33%), Calcium: 37.19mg (3.72%), Potassium: 99.39mg (2.84%), Copper: 0.05mg (2.44%), Magnesium: 8.46mg (2.12%), Vitamin C: 1.68mg (2.03%), Manganese: 0.04mg (1.94%), Vitamin B1: 0.03mg (1.9%)