



Individual Zucchini and Potato Frittatas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 6 large eggs lightly beaten
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons parsley chopped
- ☐ 0.3 cup bell pepper red chopped

- ☐ 4 servings salt and pepper
- ☐ 0.3 cup onion white finely chopped
- ☐ 3 small potatoes white peeled thinly sliced
- ☐ 1 small zucchini thinly sliced

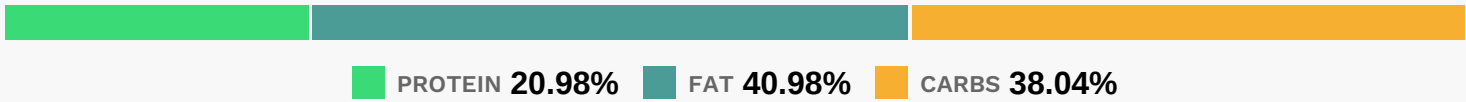
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Place the potatoes in a medium saucepan and cover with water. Bring to a boil and cook for 5 to 7 minutes or until tender.
- ☐ Drain and set aside.Preheat oven to 375°.
- ☐ Heat the oil over medium heat.
- ☐ Add the onion, garlic, ground cumin and bell pepper. Cook for 5 minutes.
- ☐ Add the zucchini, salt and pepper and cook for 3 minutes or until tender, stirring occasionally. Stir in the potatoes, parsley, chives and cheese.Divide vegetable mixture evenly into 4 ramekins coated with cooking spray.
- ☐ Pour the egg mixture over the vegetables. Cook in the middle of the oven for 15 to 20 minutes or until set.
- ☐ Sprinkle with fresh chives and serve.

Nutrition Facts



Properties

Glycemic Index:67.44, Glycemic Load:16.83, Inflammation Score:-7, Nutrition Score:19.319565068121%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 276.87kcal (13.84%), Fat: 12.69g (19.52%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 22.9g (8.33%), Sugar: 2.88g (3.2%), Cholesterol: 284.44mg (94.81%), Sodium: 422.02mg (18.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.23%), Vitamin C: 46.83mg (56.77%), Vitamin K: 42.64µg (40.61%), Selenium: 25.84µg (36.92%), Vitamin B6: 0.61mg (30.48%), Phosphorus: 281.13mg (28.11%), Vitamin B2: 0.45mg (26.38%), Potassium: 783.86mg (22.4%), Vitamin A: 1047.82IU (20.96%), Folate: 73.94µg (18.48%), Vitamin B5: 1.67mg (16.67%), Manganese: 0.32mg (16.15%), Iron: 2.77mg (15.39%), Fiber: 3.6g (14.39%), Calcium: 127.04mg (12.7%), Magnesium: 50.22mg (12.56%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.79mg (11.92%), Copper: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.78%), Vitamin E: 1.54mg (10.29%), Vitamin D: 1.53µg (10.21%), Vitamin B3: 1.69mg (8.44%)