



# Individual Zucchini Frittatas with Pecorino and Chives

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 0.3 teaspoon pepper black
- 10 large eggs lightly beaten
- 0.3 cup chives fresh chopped
- 1.5 tablespoons olive oil
- 0.8 cup pecorino cheese finely grated
- 0.3 teaspoon salt
- 3 medium zucchini halved lengthwise (1 lb total)

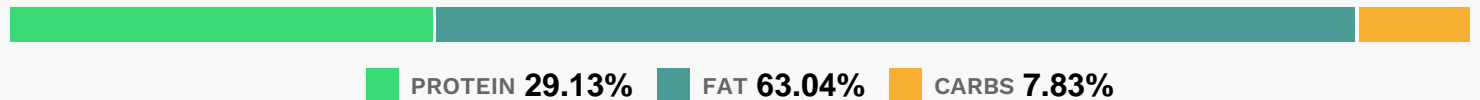
## Equipment

- frying pan
- oven
- whisk
- broiler
- muffin liners

## Directions

- Preheat oven to 375°F.
- Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté zucchini with salt and pepper, stirring occasionally, until just tender, about 4 minutes.
- Whisk chives, zucchini, and 1/2 cup cheese into eggs. Divide mixture among oiled muffin cups and bake in middle of oven until tops are puffed and set, about 14 minutes.
- Remove pan from oven and turn on broiler.
- Sprinkle frittatas with remaining 1/4 cup cheese and broil 3 to 4 inches from heat until cheese is melted and tops are golden, 1 to 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:19.83, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:14.020434586898%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 215.85kcal (10.79%), Fat: 15.12g (23.26%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.88g (3.2%), Cholesterol: 323mg (107.67%), Sodium: 373.2mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Selenium: 27.61µg (39.44%), Vitamin B2:

0.52mg (30.66%), Phosphorus: 298.34mg (29.83%), Vitamin C: 18.51mg (22.44%), Calcium: 197.34mg (19.73%), Folate: 65.33µg (16.33%), Vitamin B6: 0.31mg (15.73%), Vitamin A: 770.88IU (15.42%), Vitamin B5: 1.54mg (15.37%), Vitamin B12: 0.88µg (14.69%), Vitamin D: 1.73µg (11.53%), Zinc: 1.72mg (11.48%), Potassium: 387.63mg (11.08%), Iron: 1.97mg (10.96%), Manganese: 0.22mg (10.82%), Vitamin E: 1.53mg (10.2%), Vitamin K: 10.53µg (10.03%), Magnesium: 33.61mg (8.4%), Copper: 0.12mg (5.97%), Vitamin B1: 0.08mg (5.56%), Fiber: 1.04g (4.17%), Vitamin B3: 0.53mg (2.63%)