



Italian Dinner Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 tablespoons butter
- 0.5 cup spring onion sliced (8 medium)
- 8 eggs beaten
- 4 oz mozzarella cheese shredded
- 0.5 cup tomatoes seeded chopped (1 small)
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon pepper
- 2 oz parmesan shredded

- 1 serving tomatoes chopped
- 1 serving parsley fresh chopped

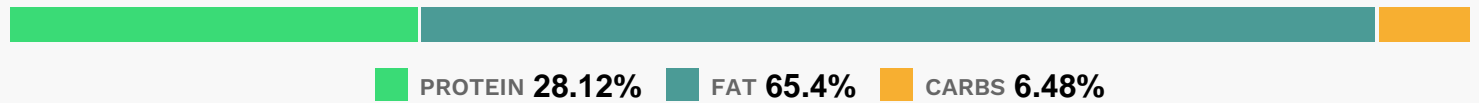
Equipment

- frying pan

Directions

- In 10-inch nonstick skillet, melt butter over medium heat.
- Add onions; cook 2 to 3 minutes, stirring frequently, until tender.
- Stir in eggs, mozzarella cheese, tomato, parsley and pepper. Reduce heat to medium-low; cover and cook 9 to 11 minutes or until eggs are set around edge and light brown on bottom.
- Sprinkle Parmesan cheese over top. Cover; remove from heat and let stand 3 to 4 minutes or until cheese is melted. If desired, garnish with additional chopped tomato and parsley.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:20.226521740789%

Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 333.47kcal (16.67%), Fat: 24.18g (37.2%), Saturated Fat: 10g (62.53%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.19g (1.52%), Sugar: 2.72g (3.02%), Cholesterol: 359.39mg (119.8%), Sodium: 602.67mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.78%), Vitamin K: 81.36µg (77.49%), Selenium: 35.11µg (50.15%), Phosphorus: 396.31mg (39.63%), Vitamin A: 1935.62IU (38.71%), Calcium: 382.15mg (38.22%), Vitamin B2: 0.56mg (32.78%), Vitamin B12: 1.61µg (26.78%), Vitamin C: 15.07mg (18.27%), Zinc: 2.54mg (16.95%), Folate: 66.52µg (16.63%), Vitamin B5: 1.54mg (15.38%), Vitamin D: 1.94µg (12.96%), Iron: 2.33mg (12.94%), Vitamin B6: 0.23mg (11.75%), Vitamin E: 1.66mg (11.08%), Potassium: 361.71mg (10.33%), Magnesium: 33.78mg (8.45%), Manganese:

0.14mg (7.06%), Copper: 0.12mg (6.21%), Vitamin B1: 0.08mg (5.53%), Fiber: 1.2g (4.81%), Vitamin B3: 0.62mg (3.1%)