



Italian Dinner Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



359 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

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

0.5 cup tomatoes seeded chopped (1 small)

4 servings tomatoes 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:2.58, Inflammation Score:-9, Nutrition Score:26.639130592346%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 358.85kcal (17.94%), Fat: 24.47g (37.65%), Saturated Fat: 10.05g (62.79%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 7.92g (2.88%), Sugar: 6.3g (7%), Cholesterol: 359.39mg (119.8%), Sodium: 611.1mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.33%), Vitamin K: 141.23µg (134.5%), Vitamin A: 3312.89IU (66.26%), Selenium: 35.11µg (50.16%), Vitamin C: 37.56mg (45.52%), Phosphorus: 430.45mg (43.05%), Calcium: 399.79mg (39.98%), Vitamin B2: 0.59mg (34.46%), Vitamin B12: 1.61µg (26.78%), Folate: 91.33µg (22.83%), Potassium: 698.28mg (19.95%), Zinc: 2.8mg (18.69%), Vitamin B6: 0.35mg (17.29%), Vitamin B5: 1.67mg (16.7%), Vitamin E: 2.41mg (16.09%), Iron: 2.88mg (16%), Manganese: 0.3mg (15%), Vitamin D: 1.94µg (12.96%),

Magnesium: 50.13mg (12.53%), Fiber: 2.92g (11.69%), Copper: 0.21mg (10.42%), Vitamin B1: 0.14mg (9.04%), Vitamin B3: 1.46mg (7.3%)