



WHATSheATE



Italian Frittata with Vinaigrette Tomatoes



Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.8 cup bulgur uncooked
- ☐ 1 medium zucchini sliced cut in half crosswise (1 1/2 cups)
- ☐ 3 oz mushrooms fresh sliced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon basil dried

- ☐ 6 eggs
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 oz mozzarella cheese shredded
- ☐ 1 cup plum tomatoes drained chopped (Roma)
- ☐ 2 tablespoons balsamic vinaigrette

Equipment

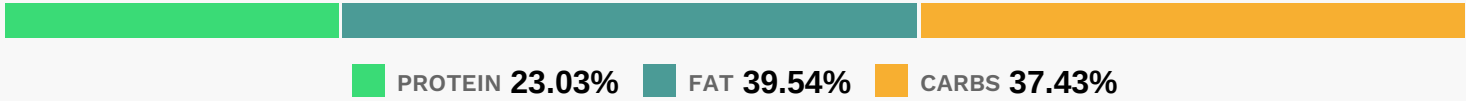
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. In 12-inch ovenproof nonstick skillet, heat broth to boiling over high heat. Stir in bulgur; reduce heat to low. Top bulgur evenly with zucchini, mushrooms, bell pepper and onion.
- ☐ Sprinkle with oregano and basil. Cover; cook 12 minutes. Fluff bulgur with spatula, mixing with vegetables.
- ☐ Meanwhile, in medium bowl, beat eggs, milk, salt and pepper with wire whisk until well blended.
- ☐ Pour egg mixture evenly over bulgur mixture. Increase heat to medium-low. Cover; cook 5 minutes.
- ☐ Remove cover; sprinkle with cheese.
- ☐ Bake uncovered 5 to 7 minutes or until sharp knife inserted in center of egg mixture comes out clean.

- ☐ Meanwhile, in medium microwavable bowl, mix tomatoes and dressing. Microwave uncovered on High 30 seconds to blend flavors.
- ☐ Cut frittata into wedges (bulgur will form a “crust” on the bottom; use spatula to lift wedge out of skillet). Top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:58.6, Glycemic Load:7.14, Inflammation Score:-8, Nutrition Score:18.013478320578%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 245.05kcal (12.25%), Fat: 11.07g (17.04%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 18.02g (6.55%), Sugar: 5.27g (5.86%), Cholesterol: 208.97mg (69.66%), Sodium: 638.66mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.02%), Manganese: 0.89mg (44.4%), Vitamin C: 33.53mg (40.64%), Selenium: 20.99µg (29.99%), Vitamin B2: 0.5mg (29.41%), Phosphorus: 275.21mg (27.52%), Vitamin A: 1335.59IU (26.71%), Fiber: 5.57g (22.28%), Vitamin B6: 0.35mg (17.59%), Magnesium: 63.62mg (15.91%), Vitamin B5: 1.55mg (15.51%), Potassium: 524.95mg (15%), Folate: 59.85µg (14.96%), Vitamin B12: 0.84µg (13.99%), Calcium: 138.43mg (13.84%), Vitamin B3: 2.56mg (12.82%), Zinc: 1.9mg (12.67%), Iron: 2.16mg (12%), Copper: 0.24mg (11.77%), Vitamin B1: 0.16mg (10.72%), Vitamin K: 10.17µg (9.69%), Vitamin D: 1.31µg (8.76%), Vitamin E: 1.22mg (8.13%)