



## Italian Garden Frittata

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 8 eggs
- 1 tablespoon sage fresh coarsely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 cup pecorino cheese grated
- 1 teaspoon olive oil
- 1 small zucchini sliced
- 2 spring onion sliced

2 plum tomatoes italian thinly sliced lengthwise

## Equipment

bowl

frying pan

## Directions

In medium bowl, combine eggs, sage, salt, pepper and 1/4 cup of the cheese; beat well. Set aside.

Heat oil in medium ovenproof nonstick skillet over medium heat until hot.

Add zucchini and onions; cook and stir 2 minutes or until zucchini is tender.

Add egg mixture; cook 2 minutes or until egg mixture is almost set, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet.

Top frittata with tomato slices; sprinkle with remaining 1/4 cup cheese. Broil 4 to 6 inches from heat for 1 to 3 minutes or until top is set and begins to brown.

## Nutrition Facts

  
■ PROTEIN 32.35% ■ FAT 59.52% ■ CARBS 8.13%

## Properties

Glycemic Index:36, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:17.783043591873%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 198.06kcal (9.9%), Fat: 12.98g (19.98%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.11g (2.34%), Cholesterol: 340.36mg (113.45%), Sodium: 570.63mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Copper: 4.65mg (232.74%), Selenium: 28.93µg (41.33%), Phosphorus: 290.86mg (29.09%), Vitamin B2: 0.49mg (28.76%), Calcium: 205mg (20.5%), Vitamin A: 904.81IU (18.1%), Vitamin K: 17.48µg (16.65%), Vitamin B12: 0.92µg (15.39%), Vitamin B5: 1.5mg (14.96%), Manganese: 0.29mg (14.51%), Folate: 57.83µg (14.46%), Vitamin C: 10.66mg (12.92%), Vitamin D: 1.82µg (12.15%), Vitamin B6:

0.24mg (11.86%), Iron: 2.11mg (11.7%), Zinc: 1.66mg (11.06%), Vitamin E: 1.33mg (8.89%), Potassium: 307.34mg (8.78%), Magnesium: 28.38mg (7.09%), Vitamin B1: 0.07mg (4.83%), Fiber: 0.96g (3.85%), Vitamin B3: 0.43mg (2.13%)