

Italian Sausage Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



376 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounce broccoli frozen thawed
- 0.5 teaspoon basil dried
- 6 eggs beaten
- 0.3 cup parmesan shredded
- 19.8 ounce mild sausage links to package directions and coin italian prepared johnsonville®
- 1 tablespoon water

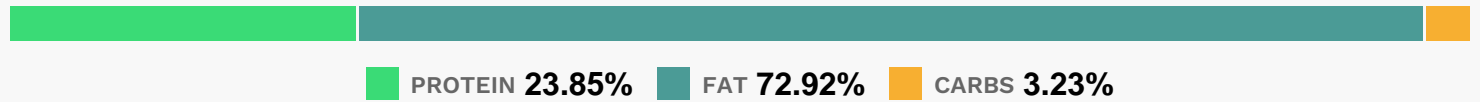
Equipment

- frying pan

Directions

- Spray 10-inch nonstick skillet with nonstick cooking spray.
- Add vegetables and water; bring to a boil. Cover and cook on medium heat for 3 minutes.
- Add sausage.
- Combine eggs and basil; pour over sausage mixture.
- Sprinkle with cheese. Cover and cook over medium-low heat for 12–15 minutes or until eggs are set.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:16.145217335742%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 376.13kcal (18.81%), Fat: 30.17g (46.42%), Saturated Fat: 10.32g (64.49%), Carbohydrates: 3g (1%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.84g (0.93%), Cholesterol: 233.74mg (77.91%), Sodium: 735.69mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.41%), Vitamin C: 34.37mg (41.66%), Vitamin K: 40.56µg (38.63%), Phosphorus: 267.25mg (26.73%), Vitamin B3: 4.68mg (23.4%), Vitamin B2: 0.37mg (22%), Selenium: 15.39µg (21.99%), Vitamin B6: 0.43mg (21.58%), Vitamin B12: 1.24µg (20.59%), Vitamin B1: 0.3mg (20.19%), Zinc: 2.87mg (19.13%), Vitamin B5: 1.54mg (15.37%), Vitamin D: 2.11µg (14.1%), Iron: 2.19mg (12.17%), Potassium: 417.73mg (11.94%), Vitamin A: 576.28IU (11.53%), Folate: 45.98µg (11.49%), Calcium: 102.08mg (10.21%), Magnesium: 28.74mg (7.18%), Vitamin E: 0.95mg (6.35%), Copper: 0.12mg (5.77%), Manganese: 0.11mg (5.27%), Fiber: 1.01g (4.06%)