



Kale, Potato, and Onion Frittata



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 egg whites
- ☐ 2 cloves garlic chopped
- ☐ 1 pound kale boiling trimmed drained coarsely chopped
- ☐ 2 cups potatoes diced boiled
- ☐ 0.5 teaspoon paprika smoked (preferably)
- ☐ 2 eggs whole
- ☐ 1 onion white yellow sliced

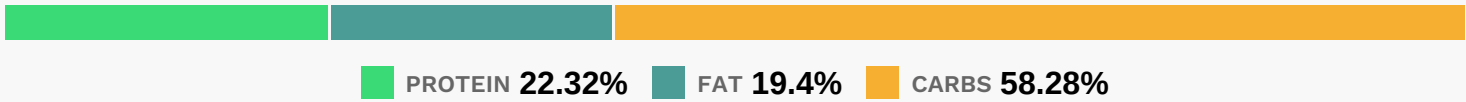
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. In a medium skillet coated with cooking spray, cook yellow onion over medium heat, stirring, 5 minutes.
- ☐ Add kale and garlic; stir 5 minutes.
- ☐ Add potatoes.
- ☐ Whisk eggs, egg whites, 2 tablespoon water and paprika in a bowl. Stir in kale-potato mixture. In a cast-iron skillet coated with cooking spray, cook egg mixture over medium-low heat 1 minute.
- ☐ Transfer skillet to oven; bake until eggs are set and center is slightly runny, 6 to 8 minutes. Broil until top is golden, 1 minute.
- ☐ A baked tomato and a salad per person. Halve tomato. Top each half with 2 tablespoons grated Parmesan, 1 teaspoon olive oil and 1/8 teaspoon each chopped garlic, thyme, basil and parsley; season with pepper. Broil 3 to 5 minutes.
- ☐ Combine 1 cup mixed lettuces, 1 slice red onion and 1/2 tsp each vinegar and olive oil.
- ☐ Self
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:14.26, Inflammation Score:-10, Nutrition Score:28.961739270583%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg Kaempferol: 54.09mg, Kaempferol: 54.09mg, Kaempferol: 54.09mg, Kaempferol: 54.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 31.95mg, Quercetin: 31.95mg, Quercetin: 31.95mg, Quercetin: 31.95mg

Nutrients (% of daily need)

Calories: 173.74kcal (8.69%), Fat: 3.97g (6.11%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 19.28g (7.01%), Sugar: 3.12g (3.47%), Cholesterol: 81.84mg (27.28%), Sodium: 124.07mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Vitamin K: 444.65µg (423.48%), Vitamin A: 11573.19IU (231.46%), Vitamin C: 129.1mg (156.49%), Manganese: 0.98mg (49.01%), Vitamin B2: 0.61mg (35.63%), Calcium: 323.61mg (32.36%), Fiber: 7.55g (30.18%), Vitamin B6: 0.57mg (28.58%), Potassium: 943.35mg (26.95%), Folate: 103.44µg (25.86%), Phosphorus: 179.08mg (17.91%), Iron: 3.17mg (17.59%), Magnesium: 69.43mg (17.36%), Selenium: 11.46µg (16.37%), Vitamin B1: 0.24mg (15.87%), Vitamin B3: 2.54mg (12.72%), Copper: 0.21mg (10.49%), Vitamin B5: 0.83mg (8.29%), Zinc: 1.11mg (7.4%), Vitamin E: 1.07mg (7.13%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.44µg (2.93%)