



Leek and Potato Frittata

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 4 oz bread french toasted
- ☐ 1 pound leeks
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup parmesan cheese shredded italian
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 pound thin-skinned potatoes red

☐ 0.5 teaspoon salt

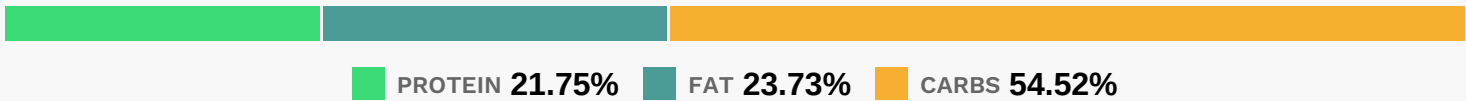
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Trim and discard root ends and tough tops from leeks; peel 1 layer off each leek.
- ☐ Cut leeks in half lengthwise and hold each half under cool running water, flipping to remove grit between layers. Thinly slice crosswise (you should have about 3 cups). Scrub potatoes and cut into 1/3-inch chunks.
- ☐ In a 10- to 12-inch nonstick frying pan (with ovenproof handle), combine leeks, potatoes, olive oil, thyme, and 1 cup water. Bring to a boil over high heat; cover pan, reduce heat to medium, and simmer, stirring occasionally, until potatoes are tender when pierced, 6 to 8 minutes. If any liquid remains in pan, uncover and simmer, stirring often, until evaporated.
- ☐ Spread vegetable mixture level in pan.
- ☐ Meanwhile, in a bowl, beat eggs, egg whites, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 1 tablespoon water to blend.
- ☐ Pour egg mixture over vegetables in pan. As edges begin to set, lift with a spatula and tilt pan to let uncooked egg mixture flow underneath. Cook until eggs are firm but still moist on top, 2 to 4 minutes.
- ☐ Remove from heat and sprinkle with cheese. Broil about 6 inches from heat until cheese is melted, 1 to 2 minutes.
- ☐ Sprinkle with parsley. Slide frittata onto a plate; cut into wedges.
- ☐ Add salt and pepper to taste.
- ☐ Serve with toast.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:15.93, Inflammation Score:-9, Nutrition Score:21.998695497927%

Flavonoids

Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 294.98kcal (14.75%), Fat: 7.89g (12.14%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 37.04g (13.47%), Sugar: 6.85g (7.61%), Cholesterol: 145.17mg (48.39%), Sodium: 722.25mg (31.4%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.27g (32.54%), Vitamin K: 60.49µg (57.61%), Vitamin A: 2172.08IU (43.44%), Manganese: 0.83mg (41.26%), Selenium: 27.88µg (39.83%), Folate: 137.56µg (34.39%), Vitamin B2: 0.48mg (28.33%), Iron: 4.98mg (27.65%), Phosphorus: 240.54mg (24.05%), Vitamin B6: 0.47mg (23.26%), Vitamin C: 18.61mg (22.56%), Vitamin B1: 0.34mg (22.39%), Calcium: 214.18mg (21.42%), Potassium: 598.79mg (17.11%), Magnesium: 64.96mg (16.24%), Fiber: 3.75g (15.01%), Copper: 0.29mg (14.73%), Vitamin B3: 2.56mg (12.81%), Vitamin E: 1.68mg (11.23%), Vitamin B5: 1.07mg (10.73%), Zinc: 1.36mg (9.04%), Vitamin B12: 0.46µg (7.6%), Vitamin D: 0.79µg (5.28%)