



Lightened Zucchini-Onion Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 tablespoon butter
- ☐ 15 ounce carton garden vegetable egg substitute
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup lowfat milk
- ☐ 1 medium onion sliced cut in half and
- ☐ 0.3 cup parmesan cheese divided grated
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings garnish: plum tomatoes seeded chopped

- ☐ 1 teaspoon salt
- ☐ 2 medium zucchini thinly sliced

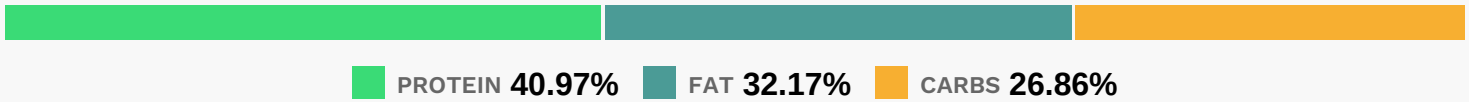
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Melt butter in a 12-inch ovenproof skillet over medium-high heat; add zucchini and onion, and saut 12 to 14 minutes or until onion is tender.
- ☐ Remove from heat, and stir in 2 tablespoons grated Parmesan cheese.
- ☐ Whisk together egg substitute and next 3 ingredients at least 1 minute or until well blended.
- ☐ Pour over vegetable mixture.
- ☐ Bake at 350 for 13 to 15 minutes or until set; increase oven temperature to broil, and broil 5 1/2 inches from heat 1 to 2 minutes or until edges are lightly browned.
- ☐ Sprinkle evenly with remaining 2 tablespoons grated Parmesan cheese and basil.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:7.938695591429%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 68.89kcal (3.44%), Fat: 2.55g (3.92%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4g (1.46%), Sugar: 3.27g (3.63%), Cholesterol: 6.85mg (2.28%), Sodium: 469.86mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Selenium: 23.4µg (33.42%), Vitamin B2: 0.28mg (16.33%), Vitamin C: 10.33mg (12.52%), Vitamin B5: 1.04mg (10.42%), Phosphorus: 89.57mg (8.96%), Calcium: 89.3mg (8.93%), Vitamin B6: 0.18mg (8.82%), Potassium: 285.39mg (8.15%), Iron: 1.32mg (7.32%), Vitamin A: 351.67IU (7.03%), Manganese: 0.14mg (6.85%), Vitamin B1: 0.1mg (6.54%), Vitamin E: 0.98mg (6.52%), Vitamin D: 0.95µg (6.31%), Folate: 23.95µg (5.99%), Zinc: 0.88mg (5.86%), Vitamin K: 5.85µg (5.57%), Magnesium: 20.99mg (5.25%), Vitamin B12: 0.27µg (4.51%), Fiber: 0.78g (3.12%), Copper: 0.05mg (2.49%), Vitamin B3: 0.34mg (1.68%)