



Linguine Frittata With Greens

READY IN



37 min.

SERVINGS



4

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 teaspoons butter divided
- ☐ 10 ounce collard greens frozen with water squeezed out thawed chopped
- ☐ 1.5 cups pasta hot cooked uncooked (4 ounces pasta)
- ☐ 3 large equivalent egg substitute
- ☐ 5 large egg whites
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 cup leek thinly sliced
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 teaspoon oregano dried

- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 ounces part–skim mozzarella cheese shredded
- ☐ 0.5 teaspoon salt

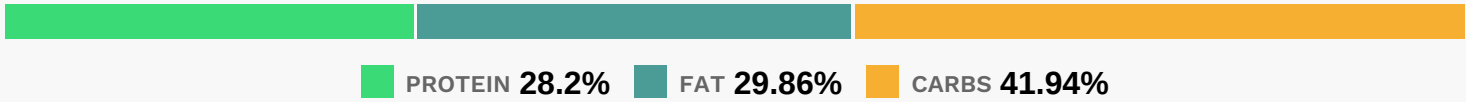
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Coat a large ovenproof skillet with cooking spray, and melt 1 teaspoon butter over medium heat.
- ☐ Add leek, and saut 4 minutes or until softened. Set aside.
- ☐ Whisk eggs, egg whites, milk, Parmesan, oregano, salt, and pepper in a large bowl. Stir in linguine, collards, and reserved leek.
- ☐ Melt remaining 1 teaspoon butter in skillet over low heat.
- ☐ Pour egg mixture into skillet; cover and cook 10 minutes or until the top is set. Meanwhile, heat broiler.
- ☐ Sprinkle frittata with mozzarella, and broil 3 minutes or until golden brown.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:8.56, Inflammation Score:–10, Nutrition Score:23.117826057517%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 6.79mg, Kaempferol: 6.79mg, Kaempferol: 6.79mg, Kaempferol: 6.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 251.32kcal (12.57%), Fat: 8.43g (12.97%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 22.35g (8.13%), Sugar: 3.03g (3.37%), Cholesterol: 25.4mg (8.47%), Sodium: 642.48mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Vitamin K: 321.8µg (306.48%), Vitamin A: 4189.92IU (83.8%), Calcium: 434.43mg (43.44%), Selenium: 29.76µg (42.51%), Manganese: 0.78mg (39.2%), Vitamin C: 27.7mg (33.57%), Folate: 114.32µg (28.58%), Vitamin B2: 0.41mg (24.05%), Phosphorus: 223.08mg (22.31%), Fiber: 4.3g (17.2%), Vitamin E: 2mg (13.32%), Magnesium: 49.85mg (12.46%), Vitamin B6: 0.23mg (11.6%), Potassium: 348.3mg (9.95%), Zinc: 1.42mg (9.48%), Iron: 1.68mg (9.33%), Vitamin B12: 0.42µg (7.04%), Copper: 0.13mg (6.7%), Vitamin B1: 0.08mg (5.48%), Vitamin B5: 0.49mg (4.86%), Vitamin B3: 0.93mg (4.67%), Vitamin D: 0.32µg (2.16%)