



Lobster Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 ounce buttery garlic-and- herb spreadable cheese
- ☐ 6 large eggs
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 pound pd of lobster steamed cut into 1-inch pieces (2 [2 1/4-pound] lobsters)
- ☐ 3 tablespoons olive oil
- ☐ 8 servings garnish: parsley fresh
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 2 bell peppers red
- ☐ 1 medium size onion red peeled
- ☐ 1 teaspoon saffron threads
- ☐ 1.5 teaspoons sea salt fine-grained
- ☐ 8 ounces swiss cheese shredded
- ☐ 0.3 cup whipping cream
- ☐ 1 bell pepper yellow
- ☐ 0.8 pound baby squash yellow

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Cut squash into 1/4-inch-thick slices; cut bell peppers into 1/4-inch strips.
- ☐ Cut onion in half lengthwise, and slice.
- ☐ Saut squash, bell peppers, onion, and garlic in 3 tablespoons hot oil in a large skillet 5 to 8 minutes or until crisp-tender.
- ☐ Whisk together eggs and next 5 ingredients; stir in lobster, cheeses, and sauted vegetables.
- ☐ Pour into a buttered 10-inch springform pan.
- ☐ Place pan on a baking sheet.
- ☐ Bake at 350 for 1 hour or until set.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish, if desired

Nutrition Facts



 PROTEIN 17.66%  FAT 72.54%  CARBS 9.8%

Properties

Glycemic Index:44, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:22.187825762707%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 399.35kcal (19.97%), Fat: 32.99g (50.75%), Saturated Fat: 15.79g (98.67%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.37g (3.04%), Sugar: 3.17g (3.52%), Cholesterol: 232.95mg (77.65%), Sodium: 808.91mg (35.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Vitamin C: 79.37mg (96.2%), Vitamin K: 75.63µg (72.02%), Selenium: 30.71µg (43.88%), Vitamin A: 1971.65IU (39.43%), Calcium: 313.91mg (31.39%), Phosphorus: 302.42mg (30.24%), Vitamin B12: 1.4µg (23.34%), Vitamin B2: 0.37mg (21.89%), Zinc: 2.61mg (17.38%), Vitamin B6: 0.34mg (16.9%), Copper: 0.32mg (15.82%), Folate: 61.2µg (15.3%), Vitamin E: 2.09mg (13.92%), Vitamin B5: 1.17mg (11.71%), Manganese: 0.21mg (10.6%), Potassium: 365.89mg (10.45%), Magnesium: 37.29mg (9.32%), Iron: 1.45mg (8.04%), Fiber: 1.65g (6.61%), Vitamin D: 0.87µg (5.79%), Vitamin B3: 1.02mg (5.08%), Vitamin B1: 0.08mg (5.01%)