



Mediterranean Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 servings garnish: basil sprigs fresh
- 9 large eggs lightly beaten
- 4 ounce feta cheese crumbled ()
- 0.3 cup basil fresh thinly sliced
- 0.3 cup kalamata olives pitted chopped
- 0.3 cup olive oil
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese freshly grated

- 0.5 teaspoon pepper freshly ground
- 1 bell pepper diced sweet red
- 0.5 teaspoon salt
- 1 medium zucchini cut into 1/2

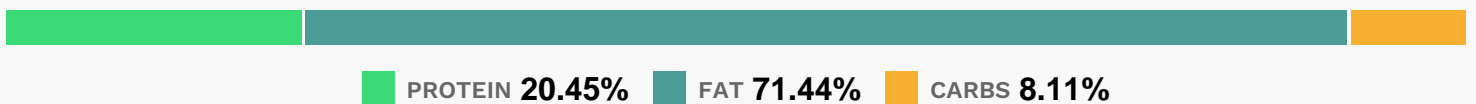
Equipment

- frying pan
- oven

Directions

- Cook first 4 ingredients in hot oil in a 10" ovenproof skillet over medium-high heat, stirring constantly, until vegetables are tender.
- Combine eggs and next 4 ingredients; pour into skillet over vegetables. Cover and cook over medium-low heat 10 to 12 minutes or until almost set.
- Remove from heat, and sprinkle with Parmesan cheese.
- Broil 5 1/2" from heat (with electric oven door partially opened) 2 to 3 minutes or until golden.
- Cut frittata into wedges; garnish, if desired.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:16.268695686174%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 285.67kcal (14.28%), Fat: 22.82g (35.1%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.58g (1.67%), Sugar: 2.54g (2.82%), Cholesterol: 300.65mg (100.22%), Sodium: 705.01mg (30.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.39%), Selenium: 28.03µg (40.04%), Vitamin C: 32.82mg (39.78%), Vitamin B2: 0.58mg (33.87%), Vitamin A: 1418.25IU (28.36%), Phosphorus: 271.21mg (27.12%), Vitamin K: 22.69µg (21.61%), Calcium: 203.74mg (20.37%), Vitamin E: 2.74mg (18.29%), Vitamin B12: 1.06µg (17.7%), Vitamin B6: 0.35mg (17.32%), Folate: 63.59µg (15.9%), Vitamin B5: 1.51mg (15.07%), Zinc: 1.96mg (13.07%), Vitamin D: 1.6µg (10.69%), Iron: 1.9mg (10.53%), Manganese: 0.19mg (9.41%), Potassium: 286.56mg (8.19%), Magnesium: 27.17mg (6.79%), Vitamin B1: 0.09mg (6.31%), Copper: 0.11mg (5.51%), Fiber: 1.25g (5%), Vitamin B3: 0.65mg (3.25%)