



Mediterranean-Style Frittata



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.8 cup baby spinach packed
- ☐ 4 large egg whites
- ☐ 6 large eggs
- ☐ 1.3 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 2 green onions
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons greek seasoning salt-free (such as Cavender's)

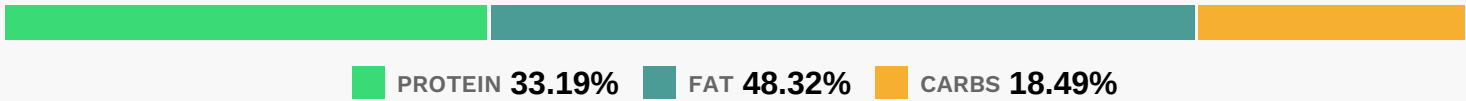
Equipment

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

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a 10-inch ovenproof skillet over medium heat. While oil heats, coarsely chop spinach and finely chop onions.
- ☐ Combine egg whites, eggs, cheese, Greek seasoning, and salt in a large bowl; stir well with a whisk.
- ☐ Add spinach and onions, stirring well.
- ☐ Add egg mixture to pan; cook until edges begin to set, about 2 minutes. Gently lift edge of egg mixture, tilting pan to allow uncooked egg mixture to come in contact with pan. Cook 2 minutes or until egg mixture is almost set.
- ☐ Broil 2 to 3 minutes or until center is set.
- ☐ Transfer the frittata to a serving platter immediately; cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:16.160434764364%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 175.61kcal (8.78%), Fat: 9.6g (14.77%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.24g (4.71%), Cholesterol: 279mg (93%), Sodium: 322.54mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.68%), Vitamin K: 60.3µg (57.43%), Selenium: 30.34µg (43.34%), Vitamin B2: 0.56mg (33.01%), Vitamin A: 1114.72IU (22.29%), Phosphorus: 194.87mg (19.49%), Manganese: 0.38mg (18.91%), Iron: 3.34mg (18.54%), Folate: 63.43µg (15.86%), Potassium: 552.37mg (15.78%), Vitamin B5: 1.44mg (14.36%), Vitamin B12: 0.7µg (11.62%), Vitamin E: 1.67mg (11.16%), Copper: 0.22mg (11.02%), Magnesium: 42.81mg (10.7%), Calcium: 103.8mg (10.38%), Vitamin D: 1.5µg (10%), Vitamin B6: 0.2mg (10%), Fiber: 2.46g (9.84%), Zinc: 1.28mg (8.54%), Vitamin C: 6.38mg (7.73%), Vitamin B1: 0.09mg (6.13%), Vitamin B3: 1.11mg (5.56%)