



Mini frittatas with quinoa

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.8 cup quinoa cooked uncooked
- 2 eggs
- 2 egg whites
- 1 cup zucchini shredded
- 1 cup swiss cheese grated
- 0.5 cup seasoning cubes diced
- 0.3 cup parsley chopped
- 2 Tbs parmesan grated

0.3 tsp pepper white

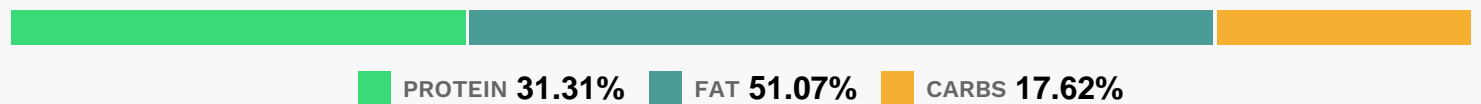
Equipment

- bowl
- frying pan
- oven
- muffin tray

Directions

- In a large bowl mix to combine all the ingredients.
- Grease a muffin tin and spoon mixture to the top of each cup.
- Bake in an oven at 200C / 390F for 30 minutes, or until the edges of the frittatas are golden brown (do not under bake or they won't come out of the pan).
- Let cool for at least 5 minutes in the tin before serving.
- Eat hot or cold.
- * Cook quinoa in 350 ml water for 20 minutes (or according to the package instructions). After cooking, leave to soak any remaining water for additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:2.2882608695652%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 36.5kcal (1.82%), Fat: 2.07g (3.19%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.26g (0.29%), Cholesterol: 19.38mg (6.46%), Sodium: 56.49mg (2.46%),

Protein: 2.86g (5.72%), Vitamin K: 10.59µg (10.08%), Calcium: 49.98mg (5%), Phosphorus: 47.5mg (4.75%), Selenium: 3.25µg (4.64%), Vitamin B2: 0.05mg (3.21%), Vitamin B12: 0.18µg (2.93%), Manganese: 0.05mg (2.54%), Vitamin A: 123.79IU (2.48%), Zinc: 0.34mg (2.28%), Vitamin C: 1.76mg (2.13%), Magnesium: 7.36mg (1.84%), Folate: 6.88µg (1.72%), Iron: 0.24mg (1.32%), Vitamin B6: 0.03mg (1.3%), Potassium: 39.88mg (1.14%), Copper: 0.02mg (1.03%)