



Mini Frittatas with Quinoa

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup ham diced
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.8 cup quinoa rinsed drained
- ☐ 1 cup swiss cheese shredded

- ☐ 1.5 cups water
- ☐ 1 cup zucchini shredded

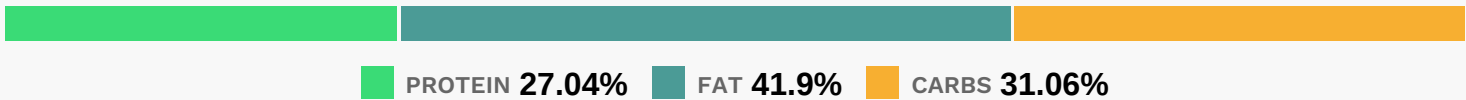
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 6 muffin cups.
- ☐ Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, 15 to 20 minutes.
- ☐ Combine cooked quinoa, eggs, egg whites, zucchini, Swiss cheese, ham, parsley, Parmesan cheese, and white pepper in a large bowl and mix until thoroughly combined. Spoon mixture to the top of each prepared muffin cup.
- ☐ Bake in preheated oven until the edges of frittatas are golden brown, about 30 minutes. Allow to cool at least 5 minutes in the pan before serving.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:12.109130527662%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 196.97kcal (9.85%), Fat: 9.18g (14.12%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.51g (4.91%), Sugar: 0.83g (0.93%), Cholesterol: 77.84mg (25.95%), Sodium: 230.81mg (10.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.64%), Vitamin K: 42.21µg (40.2%), Phosphorus: 250.99mg (25.1%), Manganese: 0.48mg (24.18%), Selenium: 14.36µg (20.51%), Calcium: 202.59mg (20.26%), Vitamin B2: 0.26mg (15.34%), Magnesium: 56.88mg (14.22%), Folate: 56.88µg (14.22%), Zinc: 1.81mg (12.06%), Vitamin B12: 0.71µg (11.76%), Vitamin A: 497.92IU (9.96%), Vitamin B6: 0.18mg (8.94%), Iron: 1.57mg (8.73%), Copper: 0.17mg (8.61%), Vitamin C: 7.04mg (8.54%), Fiber: 1.8g (7.19%), Potassium: 239.88mg (6.85%), Vitamin B1: 0.1mg (6.44%), Vitamin E: 0.83mg (5.55%), Vitamin B5: 0.54mg (5.43%), Vitamin B3: 0.48mg (2.41%), Vitamin D: 0.3µg (2.01%)