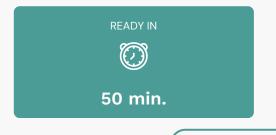


Mini Muffin Frittatas

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

2 large swiss chard		
1 teaspoon water for the blanching water		
1 Tbsp butter		
4 mushroom caps minced (1.5 ounces total)		
0.3 cup shallots minced		
1 Tbsp oregano dried fresh crumbled chopped		
2 Tbsp feta cheese crumbled		

8 large eggs beaten

	O.3 teaspoon salt to taste (more or less)			
	0.1 teaspoon pepper			
	4 servings m&m candies with a little butter or olive oil			
Eq	Equipment			
	frying pan			
	oven			
	pot			
	skewers			
	measuring cup			
	muffin tray			
Dii	Directions			
	Heat a couple quarts of water to boiling in a pot.			
	Add a teaspoon of salt to the water.			
	Add the chard leaves to the boiling water. Boil until just tender, 2-4 minutes.			
	Remove from pot and rinse in cold water to stop the cooking. Squeeze out excess water. Then chop finely and set aside.			
	Sauté shallots and mushrooms: Melt butter in a small sauté pan on medium heat.			
	Add the minced shallots and mushrooms. Cook for 5 to 6 minutes until the shallots are translucent and the mushrooms are soft. Stir in the oregano.			
	Add salt, pepper, to eggs, pour partially into muffin wells: Preheat oven to 325°F (160°C). Stir salt and pepper into the beaten eggs.			
	Pour eggs into a measuring cup with a pouring edge or spout to make it easier to fill the wells of mini-muffin tins. Fill the wells a quarter of the way.			
	Fill wells with fillings, top with remaining egg mixture: Distribute the mushroom shallot mixture, chard, and feta in even amounts throughout the muffin tin wells. Then top with the remaining egg mixture.			
	Bake at 325°F (160°C) for 20 minutes. If you want, finish by browning under the boiler for a minute or two, until lightly browned.			

Let cool slightly in	n pan. Then loosen the mini frittatas from the pan using a wooden skewer.		
Serve warm or at room temperature.			
Nutrition Facts			
	PROTEIN 21 74% FAT 55 48% CARRS 22 78%		

Properties

Glycemic Index:8.67, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:4.0669565459956%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 2.98g (4.59%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.93g (2.14%), Cholesterol: 64.91mg (21.64%), Sodium: 78.64mg (3.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.63g (5.26%), Vitamin K: 34.65µg (33%), Selenium: 5.54µg (7.92%), Vitamin A: 364.7IU (7.29%), Vitamin B2: O.1mg (5.8%), Phosphorus: 44.17mg (4.42%), Vitamin B5: O.32mg (3.21%), Vitamin B12: O.17µg (2.89%), Iron: O.52mg (2.89%), Vitamin B6: O.06mg (2.79%), Folate: 10.5µg (2.63%), Calcium: 25.75mg (2.58%), Vitamin D: O.35µg (2.32%), Manganese: O.04mg (2.2%), Zinc: O.31mg (2.07%), Vitamin E: O.31mg (2.04%), Magnesium: 7.09mg (1.77%), Vitamin C: 1.42mg (1.72%), Potassium: 57.27mg (1.64%), Fiber: O.36g (1.44%), Copper: O.03mg (1.33%)