



## Mini Muffin Frittatas

 Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



48 kcal

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

- 0.3 teaspoon salt to taste (more or less)
- 0.1 teaspoon pepper
- 4 servings m&m candies with a little butter or olive oil

## Equipment

- frying pan
- oven
- pot
- skewers
- measuring cup
- muffin tray

## 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 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%** **CARBS 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: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 34.65µg (33%), Selenium: 5.54µg (7.92%), Vitamin A: 364.7IU (7.29%), Vitamin B2: 0.1mg (5.8%), Phosphorus: 44.17mg (4.42%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.17µg (2.89%), Iron: 0.52mg (2.89%), Vitamin B6: 0.06mg (2.79%), Folate: 10.5µg (2.63%), Calcium: 25.75mg (2.58%), Vitamin D: 0.35µg (2.32%), Manganese: 0.04mg (2.2%), Zinc: 0.31mg (2.07%), Vitamin E: 0.31mg (2.04%), Magnesium: 7.09mg (1.77%), Vitamin C: 1.42mg (1.72%), Potassium: 57.27mg (1.64%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.33%)