



Mini Spinach-Artichoke Frittatas

READY IN



38 min.

SERVINGS



38

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 1 Tbsp dijon mustard
- 6 eggs
- 1 Tbsp flour
- 10 oz pkt spinach frozen thawed drained chopped
- 3 green onions thinly sliced
- 0.5 tsp ground pepper black
- 0.3 cup miracle whip dressing
- 0.8 cup parmesan cheese grated kraft

0.3 cup pasilla peppers red finely chopped

Equipment

bowl

oven

whisk

toothpicks

muffin liners

Directions

Heat oven to 350F.

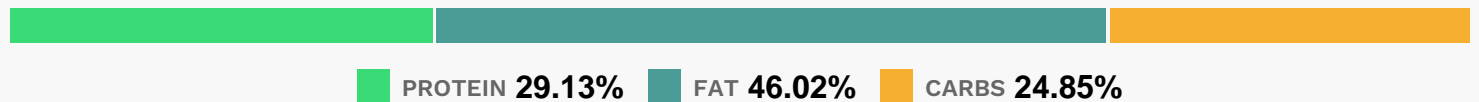
Whisk first 6 ingredients in large bowl until blended.

Add remaining ingredients; mix well.

Spoon into each of 32 mini muffin cups sprayed with cooking spray, adding about 1-1/2 Tbsp. artichoke mixture to each cup.

Bake 15 to 18 min. or until toothpick inserted in centers comes out clean.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:3.95608688895572%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 25.9kcal (1.29%), Fat: 1.32g (2.04%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.41g (0.46%), Cholesterol: 27.71mg (9.24%), Sodium: 106.26mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin K: 29.88µg (28.46%), Vitamin A: 981.34IU (19.63%), Selenium: 3.48µg (4.97%), Folate: 15.8µg (3.95%), Vitamin B2: 0.06mg (3.44%), Manganese: 0.07mg (3.27%), Calcium: 32.23mg (3.22%), Phosphorus: 31.38mg (3.14%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.33mg

(2.18%), Fiber: 0.49g (1.96%), Magnesium: 7.74mg (1.94%), Iron: 0.31mg (1.73%), Vitamin B6: 0.03mg (1.55%), Zinc: 0.23mg (1.52%), Vitamin B12: 0.09µg (1.47%), Potassium: 46.38mg (1.33%), Vitamin B5: 0.13mg (1.27%)