



## Mushroom and Cheddar Fritatta and Arugula Side Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 egg whites
- 8 eggs
- 10 ounce mushrooms chopped
- 1 medium onion chopped
- 8 servings salt and pepper black freshly ground
- 1 cup sharp cheddar grated
- 3 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- whisk
- broiler

## Directions

- Preheat the broiler and set the rack about 4 to 5 inches from the heat source.
- Heat oil in large ovenproof nonstick skillet over medium-high heat.
- Saute mushrooms until browned, seasoning with salt and pepper.
- Add onion and saute until tender.
- Whisk eggs, egg whites, salt, and pepper in a medium bowl.
- Pour over vegetables in skillet and mix gently. Reduce heat to medium-low, cover skillet, and cook until eggs are set around edges, about 4 to 5 minutes.
- Sprinkle with cheese and then place skillet under broiler and cook until cheese is melted and just browned, about 2 minutes.
- Let frittata stand 1 minute before cutting into 8 wedges.
- Serve with salad on the side.
- large bunch arugula leaves, washed and dried
- /4 cup olive oil
- lemon, juiced
- grinds black pepper
- Couple pinches salt
- Combine all ingredients in a large bowl. Toss to coat leaves with dressing and serve with the frittata.

## Nutrition Facts

 **PROTEIN 24.92%**  **FAT 68.13%**  **CARBS 6.95%**

## Properties

Glycemic Index:14.75, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:9.2821739445562%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 186.98kcal (9.35%), Fat: 14.25g (21.92%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.6g (1.78%), Cholesterol: 177.8mg (59.27%), Sodium: 182.1mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.45%), Selenium: 23.87µg (34.11%), Vitamin B2: 0.48mg (27.97%), Phosphorus: 188.68mg (18.87%), Vitamin B5: 1.31mg (13.1%), Calcium: 130.22mg (13.02%), Vitamin K: 10.07µg (9.59%), Vitamin B12: 0.57µg (9.48%), Zinc: 1.3mg (8.66%), Folate: 32.9µg (8.23%), Copper: 0.16mg (7.96%), Vitamin A: 379.95IU (7.6%), Vitamin B6: 0.14mg (6.95%), Vitamin D: 1.04µg (6.9%), Vitamin B3: 1.35mg (6.76%), Vitamin E: 0.99mg (6.62%), Potassium: 230.14mg (6.58%), Iron: 1.02mg (5.67%), Magnesium: 15.48mg (3.87%), Vitamin B1: 0.06mg (3.83%), Manganese: 0.06mg (3.13%), Fiber: 0.61g (2.45%), Vitamin C: 1.76mg (2.14%)