



Mushroom and Spinach Frittata With Smoked Gouda



Vegetarian



Gluten Free

READY IN



42 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 0.5 cup gouda cheese smoked shredded divided
- ☐ 2 cups mushrooms sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 4 cups baby spinach packed
- ☐ 0.3 cup onion chopped

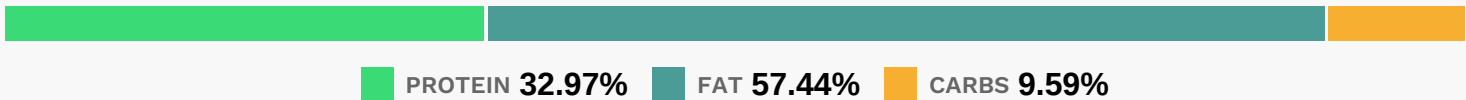
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Preheat oven to 35
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; cook 2 minutes.
- ☐ Add mushrooms; cook, stirring frequently, 4 minutes or until the mushrooms are tender.
- ☐ Add spinach; cover and cook 1 minute or just until spinach is wilted.
- ☐ In a medium bowl, combine eggs, egg whites, 1/4 cup cheese, salt, and pepper; mix well.
- ☐ Add spinach mixture; mix well.
- ☐ Pour mixture into an 8-inch round cake pan coated with cooking spray.
- ☐ Sprinkle remaining 1/4 cup cheese over frittata.
- ☐ Bake 30 minutes or until eggs are set in center and cheese has melted.
- ☐ Cut into 4 wedges.
- ☐ Wine note: A velvety, berry-rich California red from the Petite Sirah grape will match the earthiness of the frittata's mushrooms and cut through the rich Gouda flavor. Look for Bogle, a big wine at a relatively small price, about \$

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:20.147391360739%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 197.91kcal (9.9%), Fat: 12.83g (19.74%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.73g (3.03%), Cholesterol: 126.71mg (42.24%), Sodium: 505.06mg (21.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.14%), Vitamin K: 147.1µg (140.1%), Vitamin A: 3115.42IU (62.31%), Vitamin B2: 0.61mg (35.91%), Selenium: 23.4µg (33.43%), Phosphorus: 275.7mg (27.57%), Calcium: 257.79mg (25.78%), Folate: 88.73µg (22.18%), Manganese: 0.33mg (16.6%), Potassium: 461.69mg (13.19%), Vitamin B5: 1.3mg (12.99%), Zinc: 1.91mg (12.76%), Vitamin C: 10.08mg (12.22%), Vitamin B12: 0.73µg (12.11%), Copper: 0.24mg (11.86%), Magnesium: 44.64mg (11.16%), Vitamin B3: 2.04mg (10.21%), Vitamin B6: 0.19mg (9.7%), Iron: 1.65mg (9.15%), Vitamin E: 1.24mg (8.26%), Vitamin B1: 0.09mg (5.87%), Fiber: 1.29g (5.17%), Vitamin D: 0.74µg (4.96%)