



## Mushroom-Chard Frittata

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 tablespoons olive oil
- 2 teaspoons garlic finely chopped
- 8 oz crimini mushrooms fresh sliced
- 3 cups swiss chard chopped
- 8 eggs
- 3 tablespoons whipping cream
- 0.8 teaspoon salt
- 0.5 teaspoon pepper

1 cup fontina shredded

## Equipment

bowl

frying pan

oven

broiler

## Directions

- Set oven control to broil. In 10-inch ovenproof nonstick skillet, heat oil over medium heat. Cook garlic and mushrooms in oil 4 minutes, stirring frequently, until mushrooms are tender.
- Add Swiss chard; cook 2 minutes or until just wilted. Reduce heat to medium-low.
- In medium bowl, beat eggs, whipping cream, salt and pepper until well blended.
- Pour over mushroom mixture. Cook 8 to 9 minutes, without stirring, until eggs are set around edge and beginning to brown on bottom (egg mixture will be uncooked on top).
- Sprinkle with cheese.
- Broil frittata with top about 5 inches from heat about 4 minutes or until eggs are cooked on top and light golden brown. (Frittata will puff up during broiling but will collapse when removed from broiler.)
- Cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:20.17, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:17.908260843028%

## Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 249.87kcal (12.49%), Fat: 19.88g (30.58%), Saturated Fat: 8.44g (52.77%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.64g (1.82%), Cholesterol: 252.24mg (84.08%), Sodium: 592.92mg (25.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.17%), Vitamin K: 153.49µg (146.18%), Selenium: 31.57µg (45.09%), Vitamin A: 1729.79IU (34.6%), Vitamin B2: 0.53mg (31.17%), Phosphorus: 252.06mg (25.21%), Calcium: 177.56mg (17.76%), Vitamin B5: 1.62mg (16.19%), Vitamin B12: 0.94µg (15.69%), Copper: 0.28mg (13.76%), Zinc: 2.04mg (13.6%), Vitamin E: 1.76mg (11.75%), Folate: 41.22µg (10.31%), Potassium: 346.06mg (9.89%), Vitamin D: 1.46µg (9.75%), Vitamin B6: 0.19mg (9.65%), Iron: 1.62mg (9.01%), Manganese: 0.18mg (8.89%), Vitamin B3: 1.6mg (8%), Magnesium: 29.17mg (7.29%), Vitamin C: 5.76mg (6.98%), Vitamin B1: 0.07mg (4.99%), Fiber: 0.58g (2.31%)