



Mushroom Frittata

 Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 large eggs
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.8 cup green onions chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 8 ounce mushrooms sliced
- ☐ 1 tablespoon olive oil extra-virgin divided

- ☐ 0.5 cup pecorino romano cheese fresh finely grated
- ☐ 0.5 teaspoon salt divided

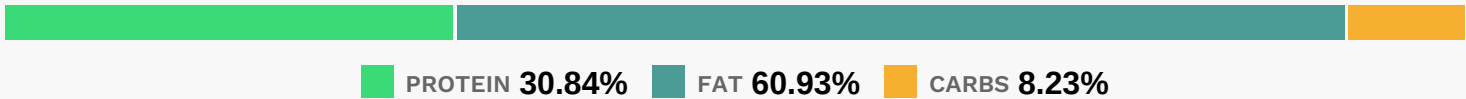
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 3 ingredients; add 1/4 teaspoon salt, stirring with a whisk.
- ☐ Heat a 10-inch ovenproof skillet over medium-high heat.
- ☐ Add 2 teaspoons oil; swirl to coat.
- ☐ Add mushrooms and remaining 1/4 teaspoon salt; saut 6 minutes or until mushrooms brown and most of liquid evaporates. Stir in onions; saut 2 minutes. Reduce heat to medium.
- ☐ Add egg mixture and basil to pan, stirring gently to evenly distribute vegetable mixture; cook 5 minutes or until eggs are partially set.
- ☐ Place pan in oven.
- ☐ Bake at 350 for 7 minutes or until eggs are cooked through and top is lightly browned.
- ☐ Remove pan from oven; let stand 5 minutes. Run a spatula around edge and under frittata to loosen from pan; slide frittata onto a plate or cutting board.
- ☐ Combine the remaining 1 teaspoon oil, arugula, and lemon juice.
- ☐ Cut the frittata into 6 wedges; top with arugula mixture.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:12.850434749023%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 163.07kcal (8.15%), Fat: 11.13g (17.12%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.53g (1.7%), Cholesterol: 256.67mg (85.56%), Sodium: 394.28mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Vitamin K: 40.6µg (38.67%), Selenium: 25.3µg (36.14%), Vitamin B2: 0.5mg (29.68%), Phosphorus: 236.94mg (23.69%), Vitamin B5: 1.67mg (16.68%), Calcium: 149.77mg (14.98%), Vitamin A: 748.3IU (14.97%), Folate: 54.06µg (13.52%), Vitamin B12: 0.7µg (11.7%), Iron: 1.77mg (9.83%), Vitamin D: 1.45µg (9.67%), Copper: 0.19mg (9.64%), Zinc: 1.36mg (9.1%), Vitamin B6: 0.18mg (8.76%), Potassium: 285.29mg (8.15%), Vitamin E: 1.17mg (7.8%), Vitamin B3: 1.52mg (7.61%), Vitamin C: 5.03mg (6.1%), Magnesium: 21.55mg (5.39%), Manganese: 0.11mg (5.31%), Vitamin B1: 0.07mg (4.74%), Fiber: 0.86g (3.43%)