



Mushroom Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 8 ounce exotic mushroom blend
- ☐ 0.5 cup parmigiano-reggiano cheese shredded

Equipment

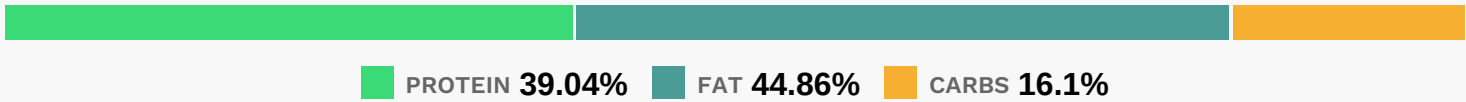
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat an 8-inch ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms to pan; saut 12 minutes or until lightly browned.
- ☐ Place mushrooms in a medium bowl; cool slightly. Wipe pan clean with paper towels.
- ☐ Combine mushrooms, cheese, thyme, 1/4 teaspoon freshly ground black pepper, 1/8 teaspoon salt, egg whites, and eggs in a medium bowl, stirring well with a whisk.
- ☐ Heat pan over medium heat. Coat pan with cooking spray.
- ☐ Add mushroom mixture; cook, covered, for 3 minutes or until almost set. Broil 3 minutes or until egg is set.
- ☐ Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:8.58000000793%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg

Nutrients (% of daily need)

Calories: 117.66kcal (5.88%), Fat: 5.94g (9.14%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.72g (1.91%), Cholesterol: 101.5mg (33.83%), Sodium: 282.01mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.26%), Selenium: 18.67µg (26.67%), Vitamin B2: 0.39mg (23%), Phosphorus: 204.26mg (20.43%), Calcium: 167.9mg (16.79%), Vitamin B5: 1.34mg (13.4%), Vitamin B3: 2.29mg (11.45%), Vitamin B6: 0.22mg (11.19%), Zinc: 1.27mg (8.48%), Manganese: 0.16mg (7.78%), Potassium: 263.28mg (7.52%), Vitamin B12: 0.39µg (6.58%), Fiber: 1.52g (6.09%), Magnesium: 23.76mg (5.94%), Copper: 0.11mg (5.62%), Vitamin A: 268.26IU (5.37%), Folate: 21.32µg (5.33%), Vitamin D: 0.79µg (5.26%), Iron: 0.92mg

(5.13%), Vitamin E: 0.29mg (1.93%), Vitamin B1: 0.02mg (1.65%), Vitamin C: 1.2mg (1.46%)