



Mushroom, Harissa and Goat Cheese Frittata

READY IN



30 min.

SERVINGS



6

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 inch beef pasta skillet meal with oven-safe handle
- ☐ 6 eggs
- ☐ 1 tbsp olive oil extra virgin
- ☐ 8 oz mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tsp garlic minced
- ☐ 1 cup goat cheese crumbled
- ☐ 1 tbsp harissa (more or less to taste- or substitute sambal oelek)
- ☐ 1 tbsp milk

- ☐ 0.5 tsp paprika
- ☐ 6 servings salt and pepper

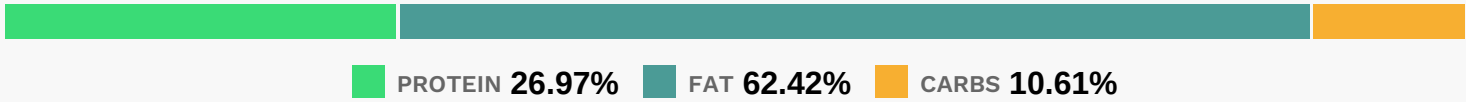
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mushroom, Harissa and Goat Cheese Frittata
- ☐ Ingredients6 eggs1 tbsp milk
- ☐ Salt and pepper1–2 tbsp harissa (more or less to taste– or substitute sambal oelek)1 tbsp extra virgin olive oil8 oz. fresh sliced mushrooms1 tsp minced garlic1/3 cup chopped fresh parsley1 cup crumbled goat cheese1/2 tsp paprika
- ☐ You will also need10–inch seasoned cast iron skillet or nonstick skillet with oven–safe handle
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 20 Minutes
- ☐ Total Time: 30 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:13.252608620602%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:

0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 212.53kcal (10.63%), Fat: 14.83g (22.81%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.92g (1.79%), Sugar: 2.02g (2.24%), Cholesterol: 181.38mg (60.46%), Sodium: 541.12mg (23.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.83%), Vitamin K: 57.18µg (54.46%), Vitamin B2: 0.52mg (30.69%), Selenium: 18.24µg (26.06%), Phosphorus: 223.55mg (22.36%), Copper: 0.44mg (22%), Vitamin A: 1024.71IU (20.49%), Vitamin B5: 1.53mg (15.28%), Iron: 2.06mg (11.46%), Vitamin B6: 0.23mg (11.36%), Vitamin B3: 1.88mg (9.4%), Folate: 37.05µg (9.26%), Calcium: 88.34mg (8.83%), Vitamin B12: 0.49µg (8.2%), Zinc: 1.18mg (7.84%), Vitamin D: 1.13µg (7.56%), Vitamin B1: 0.11mg (7.49%), Vitamin C: 5.77mg (7%), Potassium: 236.47mg (6.76%), Vitamin E: 1mg (6.67%), Magnesium: 17.46mg (4.37%), Manganese: 0.08mg (4.24%), Fiber: 0.76g (3.03%)