



WHATSheATE



Mushroom, Leek, and Fontina Frittata



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup crème fraîche sour
- ☐ 8 ounces crimini mushrooms thinly sliced (baby bella)
- ☐ 12 large eggs
- ☐ 2 tablespoons flat parsley coarsely chopped
- ☐ 0.8 cup fontina shredded divided
- ☐ 6 servings pepper freshly ground
- ☐ 2 medium leek chopped
- ☐ 2 tablespoons olive oil divided

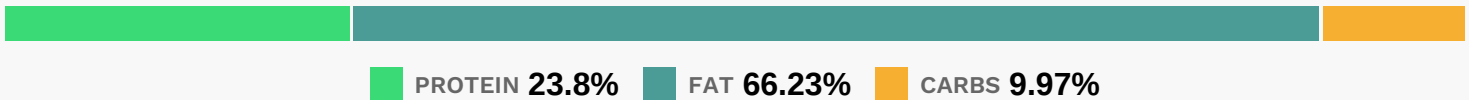
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place a rack in upper third of oven; preheat to 350°F.
- ☐ Heat 1 tablespoon oil in a 10" nonstick ovenproof skillet over medium heat.
- ☐ Add leeks; cook, stirring often, until softened, about 5 minutes.
- ☐ Add mushrooms and cook, stirring often, until softened and all liquid has evaporated, 8–10 minutes.
- ☐ Meanwhile, whisk eggs, crème fraîche, and parsley in a large bowl; mix in 1/2 cup cheese. Season with salt and pepper.
- ☐ Increase the heat to medium-high and add remaining 1 tablespoon oil to the skillet.
- ☐ Pour the egg mixture over the mushrooms, shaking the pan to evenly distribute mixture. Cook the frittata, without stirring, until its edges begin to set, about 5 minutes.
- ☐ Sprinkle remaining 1/4 cup cheese over eggs and transfer skillet to oven.
- ☐ Bake frittata until golden brown and center is set, 25–30 minutes.
- ☐ Per serving: 300 calories, 21 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:18.816521737887%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 313.53kcal (15.68%), Fat: 23.17g (35.64%), Saturated Fat: 8.9g (55.61%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.02g (2.55%), Sugar: 3.1g (3.44%), Cholesterol: 402.45mg (134.15%), Sodium: 289mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Selenium: 43.93µg (62.76%), Vitamin B2: 0.72mg (42.26%), Vitamin K: 39.8µg (37.9%), Phosphorus: 326.33mg (32.63%), Vitamin A: 1417.46IU (28.35%), Vitamin B5: 2.28mg (22.83%), Vitamin B12: 1.25µg (20.75%), Folate: 79.62µg (19.91%), Calcium: 192.75mg (19.27%), Zinc: 2.4mg (15.98%), Copper: 0.31mg (15.37%), Vitamin B6: 0.3mg (15.19%), Iron: 2.69mg (14.97%), Vitamin D: 2.14µg (14.25%), Vitamin E: 2.13mg (14.18%), Manganese: 0.24mg (12.18%), Potassium: 404.02mg (11.54%), Vitamin B3: 1.69mg (8.46%), Magnesium: 28.77mg (7.19%), Vitamin B1: 0.1mg (6.82%), Vitamin C: 5.51mg (6.67%), Fiber: 0.83g (3.32%)