



Mushroom, Pepper, and Fontina Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons butter
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 large egg whites
- ☐ 8 large eggs
- ☐ 1 cup fontina cut into small cubes (5 ounces)
- ☐ 1 garlic clove minced

- ☐ 1 bell pepper green thinly sliced
- ☐ 0.3 cup milk 1% low-fat
- ☐ 1 cup mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion thinly sliced
- ☐ 0.8 teaspoon salt

Equipment

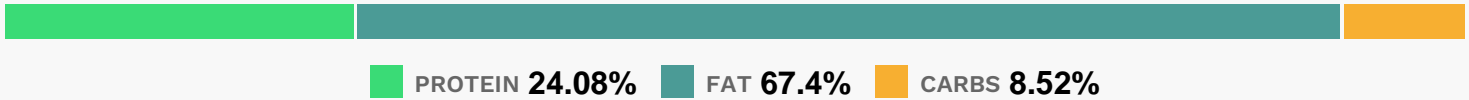
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ broiler
- ☐ stove

Directions

- ☐ Heat oil in a 10-inch, oven-safe skillet or saut pan.
- ☐ Add onion and pepper; saut over medium heat 5 minutes, stirring frequently.
- ☐ Add mushrooms, cover, and saut 3 minutes, stirring several times.
- ☐ Add garlic, and saut 1 additional minute.
- ☐ Remove vegetable mixture from heat, and transfer to a plate to cool briefly. Wipe pan with paper towels, and return to stove.
- ☐ Combine eggs, egg whites, milk, salt, pepper, and basil in a large bowl, stirring with a whisk until well blended; set aside.
- ☐ Heat skillet over medium heat for 2-3 minutes and add butter, swirling pan to melt butter evenly.
- ☐ Add vegetables to egg mixture in bowl, stir, and carefully pour entire mixture into heated skillet. Scatter cherry tomatoes and cheese over egg mixture (do not stir).

- ☐
- Cook frittata gently over medium–low heat 15–18 minutes or until it is cooked most of the way through. To finish cooking the top, preheat broiler and place the frittata about 6–8 inches from heat for 2–4 minutes (watch frittata carefully to ensure that it doesn't burn).
- ☐
- Remove frittata from oven, cool on a wire rack for 5 minutes, and shake pan rapidly back and forth to loosen. Cool a few more minutes, then carefully put a plate over the frittata and invert it onto the plate. Invert it again onto another plate so the frittata is right side up. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:8.1008695208508%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 167.36kcal (8.37%), Fat: 12.58g (19.36%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.11g (2.34%), Cholesterol: 169.02mg (56.34%), Sodium: 367.38mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.23%), Selenium: 16.77µg (23.96%), Vitamin B2: 0.3mg (17.6%), Vitamin C: 14.11mg (17.1%), Phosphorus: 153.12mg (15.31%), Calcium: 112.78mg (11.28%), Vitamin A: 532.38IU (10.65%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 0.9mg (9.04%), Zinc: 1.13mg (7.51%), Vitamin B6: 0.15mg (7.49%), Vitamin E: 1.04mg (6.95%), Folate: 27.08µg (6.77%), Vitamin D: 0.98µg (6.57%), Iron: 0.98mg (5.46%), Potassium: 189.83mg (5.42%), Copper: 0.09mg (4.5%), Vitamin K: 4.56µg (4.35%), Manganese: 0.08mg (3.85%), Vitamin B1: 0.05mg (3.29%), Magnesium: 13.15mg (3.29%), Vitamin B3: 0.57mg (2.83%), Fiber: 0.61g (2.45%)