



Noodle-and-Spinach Frittata

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups extra wide egg noodles cooked uncooked fine ()
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2 garlic cloves crushed
- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

☐

1 ounce swiss cheese shredded

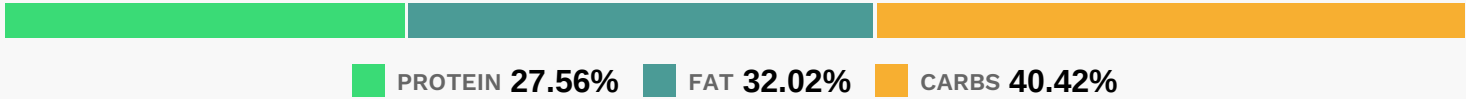
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Combine first 5 ingredients; stir well with a whisk. Stir in noodles and spinach.
- ☐ Melt margarine in a 10-inch ovenproof skillet coated with cooking spray over medium heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Spread egg mixture in skillet. Cover; reduce heat to low. Cook 6 minutes or until top is almost set. Uncover; sprinkle with cheese. Preheat broiler. Broil 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:10.1, Inflammation Score:-10, Nutrition Score:24.988260839296%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 248.07kcal (12.4%), Fat: 8.91g (13.71%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 22.23g (8.08%), Sugar: 2.2g (2.45%), Cholesterol: 169.9mg (56.63%), Sodium: 343.37mg (14.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Vitamin K: 264.09µg (251.52%), Vitamin A: 8675.97IU (173.52%), Selenium: 44.25µg (63.21%), Manganese: 0.81mg (40.37%), Folate: 128.44µg (32.11%), Vitamin B2: 0.54mg (31.86%), Phosphorus: 240.04mg (24%), Calcium: 218.1mg (21.81%), Magnesium: 83.5mg (20.88%), Vitamin E: 2.67mg (17.79%), Iron: 2.55mg (14.17%), Vitamin B6: 0.26mg (13%), Vitamin B12: 0.77µg (12.82%), Fiber: 3.08g (12.31%), Potassium: 428.52mg (12.24%), Zinc: 1.83mg (12.21%), Copper: 0.22mg (11.25%), Vitamin B5: 1.03mg (10.3%), Vitamin B1: 0.12mg (8.16%), Vitamin D: 1.05µg (7.03%), Vitamin C: 4.37mg (5.3%), Vitamin B3: 0.78mg

(3.91%)