



Noodle Frittata

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup angel hair hot cooked uncooked (2 ounces pasta)
- ☐ 1 cup broccoli florets chopped
- ☐ 0.5 cup carrots diced
- ☐ 2 large egg whites lightly beaten
- ☐ 4 large eggs lightly beaten
- ☐ 2 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

- ☐ 1 cup vegetable primavera spaghetti sauce low-fat
- ☐ 2 teaspoons vegetable oil

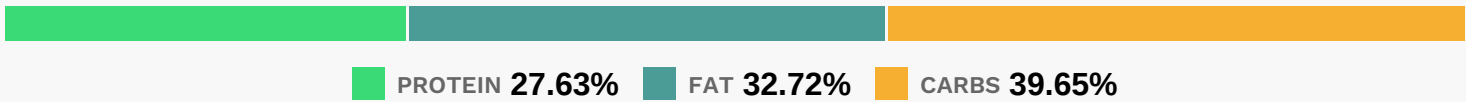
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add broccoli, carrot, and peas; saut 8 minutes. Stir in pasta; saut 1 minute.
- ☐ Combine eggs, egg whites, salt, and pepper in a large bowl; stir with a whisk. Stir egg mixture into vegetable mixture in skillet, and cook 5 minutes. Top with cheese.
- ☐ Preheat broiler. Wrap handle of skillet with foil; broil frittata 1 1/2 minutes.
- ☐ Serve with spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:60.54, Glycemic Load:8.19, Inflammation Score:-9, Nutrition Score:19.090000152588%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 237.89kcal (11.89%), Fat: 8.69g (13.37%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 20.09g (7.31%), Sugar: 5.23g (5.81%), Cholesterol: 188.98mg (62.99%), Sodium: 568.73mg (24.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.02%), Vitamin A: 3518.24IU (70.36%),

Selenium: 33.84µg (48.34%), Vitamin C: 32.77mg (39.73%), Vitamin K: 36.02µg (34.31%), Phosphorus: 262.34mg (26.23%), Vitamin B2: 0.44mg (26.07%), Manganese: 0.41mg (20.36%), Folate: 63.77µg (15.94%), Fiber: 3.61g (14.43%), Potassium: 497.14mg (14.2%), Vitamin B6: 0.27mg (13.58%), Vitamin B5: 1.29mg (12.88%), Vitamin E: 1.93mg (12.85%), Iron: 2.27mg (12.6%), Calcium: 121.32mg (12.13%), Zinc: 1.66mg (11.1%), Copper: 0.22mg (10.93%), Magnesium: 42mg (10.5%), Vitamin B12: 0.53µg (8.82%), Vitamin B1: 0.13mg (8.6%), Vitamin B3: 1.67mg (8.35%), Vitamin D: 1.01µg (6.76%)