



Onion Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 large eggs
- ☐ 3 large basil fresh
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 3 large sage fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup onion thinly sliced

- ☐ 0.5 cup parmesan finely grated
- ☐ 0.3 cup whole-milk ricotta cheese

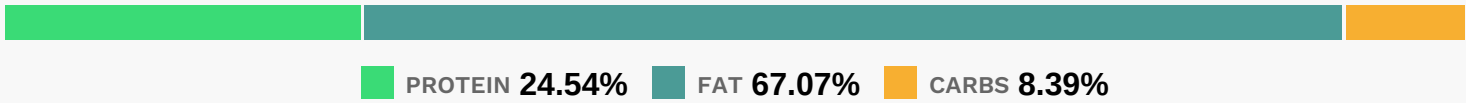
Equipment

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

Directions

- ☐ Preheat oven to 400°F.
- ☐ Whisk first 7 ingredients in a medium bowl;set aside.
- ☐ Heat oil in a medium ovenproof nonstick skillet overmedium-high heat.
- ☐ Add onion; saute until soft, about 6 minutes.Reduce heat to low. Stir in egg mixture. Spoon dollops of ricottaevenly over.
- ☐ Cook until frittata begins to set, about 2 minutes.
- ☐ Place in oven;bake until just set, 7-9 minutes. Slide the frittata onto a platter.
- ☐ Cutinto wedges; serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:8.8004348226216%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 211.68kcal (10.58%), Fat: 15.52g (23.88%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.88g (2.09%), Cholesterol: 255.85mg (85.28%), Sodium: 340.64mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Selenium: 22.48µg (32.11%), Vitamin B2: 0.34mg (19.99%), Phosphorus: 197.76mg (19.78%), Calcium: 164.85mg (16.49%), Vitamin B12: 0.69µg (11.56%), Vitamin E: 1.73mg (11.56%), Vitamin B5: 1.09mg (10.94%), Folate: 37.14µg (9.29%), Vitamin D: 1.38µg (9.17%), Vitamin A: 436.88IU (8.74%), Vitamin B6: 0.15mg (7.67%), Zinc: 1.14mg (7.58%), Iron: 1.34mg (7.47%), Copper: 0.12mg (6.2%), Vitamin K: 5.56µg (5.3%), Potassium: 140.03mg (4%), Magnesium: 14.58mg (3.65%), Manganese: 0.06mg (3.24%), Vitamin B1: 0.04mg (2.82%), Vitamin C: 2.01mg (2.44%), Fiber: 0.47g (1.88%)