



Onion Frittata Bites

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1 cup egg substitute
- ☐ 2 large eggs
- ☐ 1 inch chives fresh
- ☐ 2 cups onion finely chopped
- ☐ 1 ounce parmesan cheese fresh divided grated
- ☐ 0.5 teaspoon salt

☐ 0.3 cup cup heavy whipping cream fat-free sour

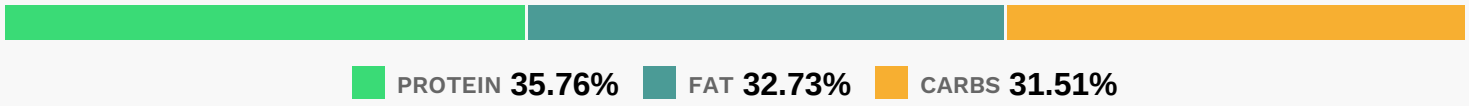
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a nonstick skillet over medium heat.
- ☐ Add onion to pan; cook 15 minutes or until golden brown, stirring occasionally.
- ☐ Spread mixture in a single layer in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine egg substitute, 2 tablespoons cheese, salt, pepper, and eggs.
- ☐ Pour egg mixture evenly over onion; sprinkle with remaining 2 tablespoons cheese.
- ☐ Bake at 350 for 20 minutes or until set. Cool slightly; cut into 24 pieces. Top each with 1/2 teaspoon sour cream and 2 chive pieces.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:3.6934782655343%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 48.25kcal (2.41%), Fat: 1.77g (2.73%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.36g (1.22%), Sugar: 1.6g (1.78%), Cholesterol: 33.93mg (11.31%), Sodium: 196.9mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Selenium: 11.75µg (16.78%), Vitamin B2: 0.14mg (8.12%),

Calcium: 60.08mg (6.01%), Phosphorus: 59.94mg (5.99%), Vitamin B5: 0.51mg (5.06%), Vitamin B6: 0.08mg (3.82%), Iron: 0.63mg (3.5%), Vitamin D: 0.5µg (3.32%), Folate: 13.12µg (3.28%), Vitamin B12: 0.19µg (3.09%), Potassium: 103.24mg (2.95%), Zinc: 0.44mg (2.94%), Vitamin E: 0.43mg (2.85%), Vitamin B1: 0.04mg (2.85%), Vitamin A: 141.29IU (2.83%), Vitamin C: 2.2mg (2.66%), Manganese: 0.05mg (2.5%), Magnesium: 8.43mg (2.11%), Fiber: 0.48g (1.92%), Copper: 0.02mg (1.19%)