

Oyster Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 24 ounce cartons egg substitute
- ☐ 0.3 cup fennel bulb divided chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 tablespoons jalapeno seeded chopped
- ☐ 0.3 cup milk 1% low-fat

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 12 shucked oysters
- ☐ 0.3 cup bell pepper yellow chopped

Equipment

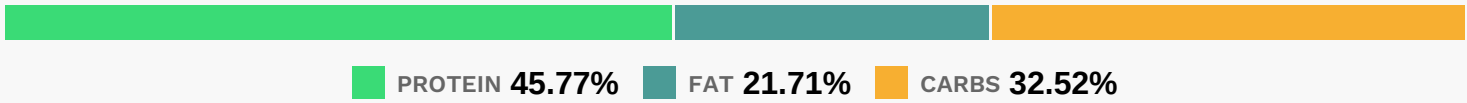
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Add water to a small saucepan, filling two-thirds full. Bring to a boil; reduce heat, and simmer.
- ☐ Add oysters, and cook 1 minute or until edges of oysters curl.
- ☐ Drain.
- ☐ Place the oysters in a small bowl; sprinkle with hot sauce.
- ☐ Combine egg substitute, milk, salt, and black pepper in a medium bowl; stir well with a whisk.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add the corn, onion, bell peppers, 2 tablespoons fennel, and jalapeo; cook for 3 minutes, stirring frequently.
- ☐ Add oysters, and saut 1 minute.
- ☐ Add egg mixture; cook 4 minutes or until almost set.

- ☐
- Combine 2 tablespoons fennel and cheese. Wrap handle of skillet with foil; broil 1 minute. Top with cheese mixture; broil for 1 minute or until cheese melts.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:23.623478246772%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 185.77kcal (9.29%), Fat: 4.66g (7.17%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.79g (5.02%), Sugar: 8.47g (9.42%), Cholesterol: 7.24mg (2.41%), Sodium: 623.5mg (27.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.21%), Selenium: 73.41µg (104.87%), Vitamin C: 51.03mg (61.85%), Vitamin B2: 0.75mg (44.13%), Vitamin B5: 3.3mg (32.95%), Zinc: 3.85mg (25.68%), Calcium: 241.33mg (24.13%), Phosphorus: 240.4mg (24.04%), Vitamin E: 3.56mg (23.73%), Iron: 4.05mg (22.49%), Vitamin B6: 0.4mg (19.94%), Vitamin B1: 0.3mg (19.88%), Vitamin D: 2.92µg (19.46%), Vitamin A: 970.9IU (19.42%), Vitamin B12: 1.12µg (18.68%), Potassium: 624.78mg (17.85%), Folate: 58.49µg (14.62%), Magnesium: 52.02mg (13%), Copper: 0.21mg (10.7%), Manganese: 0.18mg (8.81%), Vitamin K: 8.07µg (7.68%), Fiber: 1.91g (7.65%), Vitamin B3: 1.33mg (6.65%)