



Parsley, Leek, and Green Onion Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 cup julienne-cut carrot (1-inch)
- ☐ 2 large egg whites
- ☐ 4 large eggs
- ☐ 2 tablespoons milk fat-free
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup leek chopped

- ☐ 1 tablespoon olive oil
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 0.3 teaspoon salt

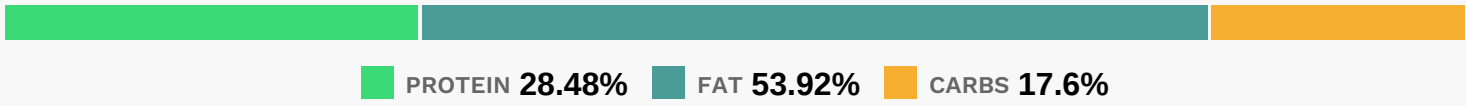
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the first 8 ingredients in a bowl, and stir with a whisk until blended.
- ☐ Heat the olive oil in a large nonstick skillet over medium heat.
- ☐ Add chopped leek, carrot, and chopped green onions, and saut for 5 minutes or until tender.
- ☐ Add the egg mixture; cover and cook over low heat for 8 minutes or until the frittata is almost set.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:14.134782552719%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 131.65kcal (6.58%), Fat: 7.91g (12.17%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.84g (1.76%), Sugar: 1.87g (2.07%), Cholesterol: 132.16mg (44.05%), Sodium: 242.75mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Vitamin K: 109.39µg (104.18%), Vitamin A:

2856.21IU (57.12%), Selenium: 16.74µg (23.91%), Vitamin B2: 0.28mg (16.25%), Phosphorus: 142.37mg (14.24%), Calcium: 135.6mg (13.56%), Vitamin C: 10.69mg (12.96%), Folate: 43.6µg (10.9%), Iron: 1.5mg (8.33%), Vitamin B12: 0.42µg (7.06%), Vitamin B5: 0.69mg (6.87%), Vitamin E: 1.02mg (6.8%), Vitamin B6: 0.13mg (6.37%), Zinc: 0.93mg (6.2%), Manganese: 0.12mg (6.15%), Potassium: 213.54mg (6.1%), Vitamin D: 0.75µg (5.03%), Magnesium: 19.68mg (4.92%), Fiber: 0.97g (3.88%), Copper: 0.07mg (3.59%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.35mg (1.73%)