



Pasta and Vegetable Frittata

READY IN



30 min.

SERVINGS



4

CALORIES



401 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups baby spinach packed
- ☐ 2 cups pasta like spaghetti cooked
- ☐ 8 large eggs beaten
- ☐ 2 tablespoons basil fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings salt and pepper

- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 cup tomatoes diced seeded
- ☐ 1 cup zucchini thinly sliced

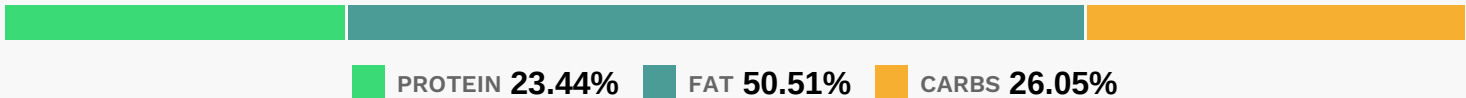
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat oven to 425F. Warm oil in a 10-inch nonstick skillet over medium-high heat.
- ☐ Add onion and zucchini; cook for 2 minutes, stirring.
- ☐ Add garlic, tomato and spinach and cook 2 minutes longer, stirring, until spinach wilts. Season with salt and pepper. Toss in spaghetti and mix thoroughly so vegetables and pasta are evenly distributed.
- ☐ Whisk milk, 1 tsp. salt and 1/2 tsp. pepper with eggs.
- ☐ Pour into skillet and swirl to coat vegetables and spaghetti with mixture. Cook 1 minute, stirring just until eggs begin to set on bottom.
- ☐ Sprinkle cheeses on top and place skillet in oven.
- ☐ Bake until eggs have set in center, 10 to 12 minutes. Preheat broiler to high and set a rack 4 inches from heat. Broil frittata until golden brown on top, 1 to 2 minutes, watching carefully to prevent it from burning.
- ☐ Sprinkle frittata with basil.
- ☐ Cut into 4 wedges and serve.

Nutrition Facts



Properties

Glycemic Index:81.38, Glycemic Load:10.64, Inflammation Score:-9, Nutrition Score:23.614347717036%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 401.02kcal (20.05%), Fat: 22.35g (34.39%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 23.77g (8.64%), Sugar: 2.66g (2.96%), Cholesterol: 388.21mg (129.4%), Sodium: 542.94mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.68%), Vitamin K: 84.39µg (80.38%), Selenium: 53.54µg (76.48%), Vitamin A: 2372.18IU (47.44%), Phosphorus: 365.57mg (36.56%), Vitamin B2: 0.61mg (35.6%), Manganese: 0.51mg (25.34%), Calcium: 241.17mg (24.12%), Folate: 93.38µg (23.34%), Vitamin B12: 1.32µg (22.08%), Iron: 3.43mg (19.05%), Vitamin B5: 1.79mg (17.88%), Vitamin E: 2.6mg (17.3%), Vitamin B6: 0.33mg (16.73%), Zinc: 2.49mg (16.63%), Vitamin C: 12.96mg (15.71%), Vitamin D: 2.17µg (14.46%), Magnesium: 51.55mg (12.89%), Potassium: 414.27mg (11.84%), Copper: 0.2mg (10.05%), Fiber: 2.17g (8.68%), Vitamin B1: 0.1mg (6.71%), Vitamin B3: 0.77mg (3.86%)