



 **17%**
HEALTH SCORE

Pittata - Pizza Frittata

 **Gluten Free**

READY IN



30 min.

SERVINGS



2

CALORIES



599 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 eggs
- 2 servings basil fresh
- 2 servings basil fresh
- 0.5 cup milk
- 2 servings parmesan cheese freshly grated
- 2 servings pepperoni
- 0.3 cup mozzarella cheese shredded

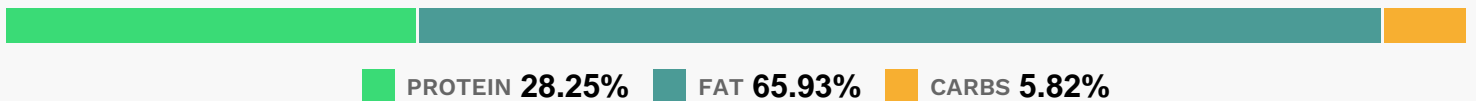
Equipment

- frying pan
- oven
- stove

Directions

- Pre-heat oven to ~450°F (230°C), top heat only.
- On the stove, heat cooking fat in a large oven-safe skillet over medium heat.
- Beat the eggs with the milk (again milk is optional), salt, pepper, and any herbs or spices desired.
- Add any desired add-ins (other than cheese) to the skillet. For the pittata, we didn't use anything, but this is when you would add your cooked vegetables or raw vegetables that don't require much cooking (e.g. bell pepper).
- Pour in the egg mixture and tilt the skillet to ensure it evenly surrounds any add-ins. Now distribute the shredded cheese and pepperoni slices (if using).
- Allow the eggs to cook on the stove until the edges of the eggs are set. The center will still be a bit jiggly. Now is a good time to top with Parmesan cheese (be generous!)
- Transfer the pan to the hot oven and bake until the eggs are puffed and browned with a firm center.
- Remove from oven and let cool for a couple minutes before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:116.5, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:27.900434782609%

Taste

Sweetness: 39.26%, Saltiness: 100%, Sourness: 13.6%, Bitterness: 7.51%, Savoriness: 48.07%, Fattiness: 85.85%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 598.62kcal (29.93%), Fat: 43.21g (66.47%), Saturated Fat: 18.09g (113.08%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.51g (3.1%), Sugar: 3.76g (4.18%), Cholesterol: 726.36mg (242.12%), Sodium:

1328.44mg (57.76%), Protein: 41.66g (83.33%), Selenium: 76.2µg (108.86%), Phosphorus: 696.33mg (69.63%), Vitamin B2: 1.11mg (65.1%), Calcium: 521.89mg (52.19%), Vitamin B12: 2.98µg (49.73%), Vitamin B5: 3.38mg (33.82%), Zinc: 4.94mg (32.96%), Vitamin A: 1614.36IU (32.29%), Vitamin D: 4.76µg (31.74%), Vitamin B6: 0.47mg (23.67%), Folate: 89.62µg (22.41%), Iron: 3.78mg (20.98%), Vitamin K: 19.77µg (18.83%), Vitamin E: 2.38mg (15.86%), Manganese: 0.29mg (14.7%), Potassium: 488.74mg (13.96%), Vitamin B1: 0.19mg (12.94%), Magnesium: 49.34mg (12.34%), Copper: 0.18mg (9.09%), Vitamin B3: 1.67mg (8.34%)