

Pizza Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup .5 can cannellini beans white canned rinsed drained
- ☐ 16 ounce cartons egg substitute
- ☐ 1 cup grape tomatoes halved
- ☐ 8 ounce turkey sausage sweet italian
- ☐ 0.5 cup onion finely chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt

☐ 0.3 cup water

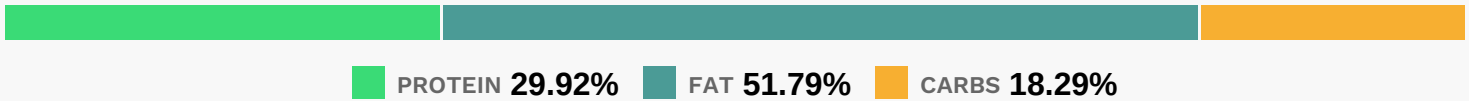
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients; set aside.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Remove the casings from sausage.
- ☐ Add sausage and onion to pan; cook 4 minutes, stirring to crumble sausage.
- ☐ Add tomatoes; cook 2 minutes, stirring frequently. Stir in beans.
- ☐ Pour egg mixture over bean mixture; cover and cook 3 minutes. Uncover; sprinkle with cheese. Wrap handle of skillet with foil. Broil for 5 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:20.471738918968%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 344.43kcal (17.22%), Fat: 19.82g (30.5%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 12.78g (4.65%), Sugar: 4.28g (4.76%), Cholesterol: 47.91mg (15.97%), Sodium: 904.68mg (39.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.53%), Selenium: 63.31µg (90.45%), Vitamin

B1: 0.53mg (35.13%), Vitamin B2: 0.59mg (34.46%), Phosphorus: 267.01mg (26.7%), Iron: 4.47mg (24.81%), Vitamin B5: 2.35mg (23.46%), Calcium: 218.98mg (21.9%), Vitamin B6: 0.42mg (20.75%), Potassium: 713.85mg (20.4%), Zinc: 2.92mg (19.49%), Manganese: 0.36mg (17.81%), Vitamin B12: 0.99µg (16.44%), Vitamin E: 2.38mg (15.86%), Folate: 61.67µg (15.42%), Magnesium: 57.35mg (14.34%), Vitamin A: 621.87IU (12.44%), Vitamin D: 1.85µg (12.33%), Fiber: 2.97g (11.87%), Vitamin B3: 2.32mg (11.59%), Copper: 0.21mg (10.52%), Vitamin C: 8.28mg (10.04%), Vitamin K: 4.87µg (4.64%)