



Pizza Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 eggs
- 0.3 cup parmesan cheese freshly grated
- 1 teaspoon seasoning italian
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons butter
- 3 ounces mushrooms fresh sliced
- 1 cup bell pepper chopped

- 0.3 cup onion chopped
- 0.3 cup olives ripe sliced

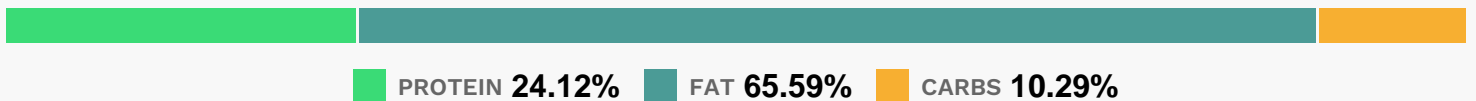
Equipment

- frying pan
- oven

Directions

- Beat eggs, cheese, Italian seasoning, salt and pepper until well blended; set aside.
- Melt butter in ovenproof 12-inch nonstick skillet over medium heat. Cook mushrooms, bell pepper, onion and olives in butter about 2 minutes, stirring occasionally, until vegetables are crisp-tender.
- Spread mixture evenly in bottom of skillet.
- Pour egg mixture evenly over vegetable mixture; reduce heat to medium-low. Cover and cook 9 to 11 minutes or until eggs are set in center and light brown on bottom.
- Remove cover.
- Set oven control to broil. Broil frittata with top about 5 inches from heat about 2 minutes or until golden brown.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:13.245652157327%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 187.77kcal (9.39%), Fat: 13.81g (21.25%), Saturated Fat: 4.09g (25.55%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.24g (2.49%), Cholesterol: 266.24mg (88.75%), Sodium: 464.33mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.43g (22.85%), Vitamin C: 39.11mg (47.41%), Selenium: 25.1µg (35.85%), Vitamin A: 1590.8IU (31.82%), Vitamin B2: 0.44mg (25.86%), Phosphorus: 198.1mg (19.81%), Vitamin B5: 1.47mg (14.66%), Folate: 52.73µg (13.18%), Vitamin B6: 0.24mg (12.24%), Vitamin B12: 0.71µg (11.77%), Vitamin E: 1.74mg (11.62%), Calcium: 100.15mg (10.02%), Vitamin D: 1.47µg (9.78%), Iron: 1.68mg (9.31%), Zinc: 1.32mg (8.77%), Potassium: 246.58mg (7.05%), Copper: 0.13mg (6.35%), Manganese: 0.11mg (5.43%), Fiber: 1.35g (5.4%), Vitamin B3: 1.01mg (5.04%), Magnesium: 18.27mg (4.57%), Vitamin B1: 0.07mg (4.39%), Vitamin K: 4.53µg (4.32%)