



Porcini-Parmesan Frittata

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces the following: parmesan rind) dried
- ☐ 6 large egg whites
- ☐ 4 large eggs
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese
- ☐ 0.5 teaspoon salt

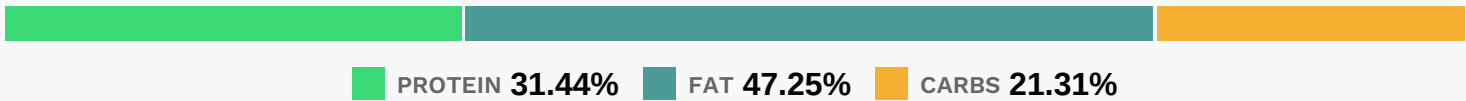
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place mushrooms in a large ovenproof skillet. Cover mushrooms with cold water; let stand 2 minutes.
- ☐ Drain. Return mushrooms to skillet. Cover with cold water; bring to a boil.
- ☐ Drain. Pat mushrooms dry with a paper towel.
- ☐ Combine egg whites and next 3 ingredients in a large bowl, stirring well with a whisk. Stir in mushrooms and cheese.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add egg mixture; cook 3 minutes or until slightly set. Broil 3 minutes or until eggs are completely set and browned.
- ☐ Cut frittata into 4 wedges.
- ☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.12, Inflammation Score:0, Nutrition Score:15.050869687744%

Nutrients (% of daily need)

Calories: 219.45kcal (10.97%), Fat: 11.71g (18.02%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 10.23g (3.72%), Sugar: 0.95g (1.06%), Cholesterol: 194.5mg (64.83%), Sodium: 646.04mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.07%), Selenium: 34.6µg (49.43%), Vitamin B5: 4.02mg (40.2%), Vitamin B2: 0.67mg (39.27%), Copper: 0.79mg (39.27%), Phosphorus: 235.05mg (23.5%), Calcium: 181.79mg (18.18%), Zinc: 2.09mg (13.94%), Folate: 49.48µg (12.37%), Vitamin B6: 0.24mg (11.8%), Potassium:

380.38mg (10.87%), Vitamin D: 1.62µg (10.77%), Vitamin B12: 0.64µg (10.66%), Vitamin B3: 2.12mg (10.62%),
Manganese: 0.21mg (10.27%), Magnesium: 35.88mg (8.97%), Vitamin A: 368.31IU (7.37%), Iron: 1.3mg (7.2%), Vitamin
E: 1.06mg (7.05%), Fiber: 1.66g (6.65%), Vitamin B1: 0.07mg (4.63%), Vitamin K: 2.67µg (2.55%)