



Portuguese Frittata

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 cup chicken
- ☐ 8 ounce egg substitute
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt

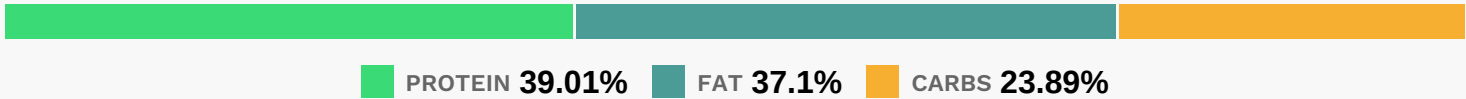
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a medium (10-inch) ovenproof skillet coated with cooking spray over medium-high heat.
- ☐ Add Chicken-Vegetable Toss and tomatoes; saut 2 minutes.
- ☐ Combine egg substitute, eggs, oregano, salt, and pepper.
- ☐ Add egg mixture to pan; reduce heat to medium, and cook, uncovered, 5 minutes (do not stir).
- ☐ Sprinkle cheese over egg mixture, and place pan in oven.
- ☐ Bake at 450 for 10 minutes or until set. Broil 1 minute or until lightly browned.
- ☐ Cut into 4 wedges; serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:15.460434872171%

Nutrients (% of daily need)

Calories: 164.19kcal (8.21%), Fat: 6.99g (10.76%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 7.62g (2.77%), Sugar: 5.96g (6.62%), Cholesterol: 112.13mg (37.38%), Sodium: 525.82mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Selenium: 35.74µg (51.06%), Vitamin B2: 0.45mg (26.59%), Calcium: 221.91mg (22.19%), Phosphorus: 210.01mg (21%), Iron: 3.52mg (19.57%), Vitamin E: 2.74mg (18.26%), Vitamin B5: 1.76mg (17.58%), Vitamin B6: 0.34mg (17.14%), Potassium: 511.21mg (14.61%), Manganese: 0.28mg (14.06%), Vitamin K: 14.04µg (13.37%), Vitamin C: 9.98mg (12.1%), Copper: 0.24mg (11.91%), Vitamin A: 591.79IU (11.84%), Vitamin B3: 2.35mg (11.75%), Zinc: 1.76mg (11.7%), Vitamin B1: 0.17mg (11.21%), Magnesium: 41.58mg (10.4%), Fiber: 2.52g (10.06%), Vitamin D: 1.48µg (9.84%), Folate: 39.24µg (9.81%), Vitamin B12: 0.57µg (9.54%)