



## Potato and Vegetable Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



459 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 tablespoons olives black
- 1 pinch cayenne pepper
- 4 eggs
- 1 clove garlic minced
- 0.5 cup bell pepper diced green
- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 0.3 teaspoon oregano dried

- 0.3 cup parmesan cheese grated
- 2 cups potatoes diced cooked
- 2 servings salt and pepper to taste
- 0.3 cup mozzarella cheese shredded
- 0.5 small tomatoes sliced
- 1 zucchini halved lengthwise cut in 1/4 inch slices

## Equipment

- frying pan
- oven
- broiler

## Directions

- Preheat the broiler on your oven.
- In a frying pan with an ovenproof handle heat the oil and saute onion, garlic and green bell pepper over a low heat.
- Saute until vegetables are just tender but not browned.
- Add the zucchini and continue cooking, stirring occasionally, until crisp-tender.
- Add the potatoes, stir well to combine, and continue cooking, stirring frequently, until the potatoes are heated through and starting to stick to the pan.
- Then add the tomatoes and black olives, stirring well to combine with the other ingredients, and cook just until the tomatoes have begun giving up their juice.
- Beat the eggs with the salt, pepper, oregano, and cayenne. When all the vegetables are cooked, pour the eggs over them
- Arrange the tomato slices over the top of the eggs, and sprinkle the mozzarella and Parmesan cheeses over the tomato slices. Cook gently over low heat until the eggs are almost set (they'll be firm around the edges and a bit runny in the middle).
- Slip the pan under the broiler for a minute or two, until the eggs are fully set and the cheese has melted and begun to brown.
- Cut into wedges and serve.

# Nutrition Facts

■ PROTEIN 21% ■ FAT 36.47% ■ CARBS 42.53%

## Properties

Glycemic Index:133.88, Glycemic Load:28.56, Inflammation Score:-9, Nutrition Score:30.362173785334%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

## Nutrients (% of daily need)

Calories: 458.71kcal (22.94%), Fat: 18.9g (29.08%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 41.98g (15.26%), Sugar: 7.83g (8.7%), Cholesterol: 349.3mg (116.43%), Sodium: 774.75mg (33.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Vitamin C: 95.45mg (115.7%), Vitamin B6: 1.12mg (55.94%), Selenium: 35.1µg (50.14%), Phosphorus: 487.63mg (48.76%), Potassium: 1486.06mg (42.46%), Vitamin B2: 0.67mg (39.63%), Manganese: 0.7mg (34.81%), Fiber: 7.6g (30.41%), Calcium: 297.64mg (29.76%), Folate: 115.88µg (28.97%), Vitamin A: 1262.93IU (25.26%), Magnesium: 95.91mg (23.98%), Vitamin B5: 2.35mg (23.5%), Iron: 4.1mg (22.8%), Zinc: 3.19mg (21.28%), Vitamin B12: 1.27µg (21.19%), Copper: 0.42mg (20.91%), Vitamin B1: 0.31mg (20.55%), Vitamin K: 16.65µg (15.86%), Vitamin B3: 3.15mg (15.76%), Vitamin E: 2.08mg (13.84%), Vitamin D: 1.88µg (12.52%)