



Potato and Yellow Squash Frittata

 Vegetarian  Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 large egg whites
- 4 large eggs
- 1 teaspoon tarragon fresh finely chopped
- 2 teaspoons butter light divided
- 0.3 cup milk 1% low-fat
- 0.3 teaspoon pepper
- 0.8 pound potatoes chopped
- 0.8 teaspoon salt

- 2.6 ounces pre-shredded cheddar cheese reduced-fat
- 0.8 pound baby squash yellow chopped

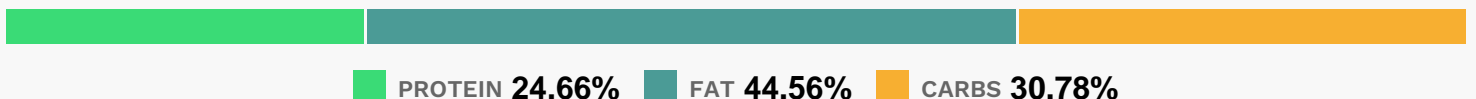
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- aluminum foil
- broiler

Directions

- Place potato in a large saucepan; cover with water. Bring to a boil; reduce heat, and simmer 8 minutes or just until tender.
- Drain well.
- Melt 1 teaspoon butter in a large ovenproof nonstick skillet over medium-high heat.
- Add squash; saut 5 minutes. Cool slightly.
- Whisk together eggs and next 5 ingredients in a large bowl.
- Add potato and squash.
- Preheat broiler.
- Melt remaining butter in pan over low heat; add egg mixture (do not stir). Cook, uncovered, 12 minutes or until top is almost set.
- Sprinkle with cheese.
- Wrap handle of pan with foil. Broil 4 minutes or until set.
- Cut into 8 wedges.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.19, Glycemic Load:11.78, Inflammation Score:-6, Nutrition Score:16.367826005687%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 256.9kcal (12.85%), Fat: 12.86g (19.79%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 17.11g (6.22%), Sugar: 3.87g (4.3%), Cholesterol: 208.02mg (69.34%), Sodium: 670.63mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Vitamin C: 31.46mg (38.14%), Selenium: 24.76µg (35.37%), Vitamin B2: 0.57mg (33.32%), Phosphorus: 289.52mg (28.95%), Vitamin B6: 0.56mg (27.96%), Calcium: 214.88mg (21.49%), Potassium: 740.84mg (21.17%), Manganese: 0.35mg (17.71%), Folate: 68.11µg (17.03%), Vitamin A: 728.52IU (14.57%), Vitamin B5: 1.33mg (13.3%), Vitamin B12: 0.78µg (12.97%), Zinc: 1.93mg (12.88%), Magnesium: 51.25mg (12.81%), Iron: 2.08mg (11.57%), Fiber: 2.88g (11.5%), Vitamin B1: 0.15mg (9.85%), Copper: 0.19mg (9.33%), Vitamin D: 1.35µg (9.01%), Vitamin B3: 1.44mg (7.22%), Vitamin E: 0.82mg (5.45%), Vitamin K: 5.1µg (4.86%)