

Potato Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.8 pound baking potatoes peeled halved lengthwise thinly sliced
- 0.1 teaspoon pepper black
- 4 large egg whites
- 3 large eggs
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 2 ounces cheddar cheese shredded reduced-fat
- 0.3 teaspoon paprika

- 1.5 cups onion red vertically sliced
- 0.5 teaspoon salt divided

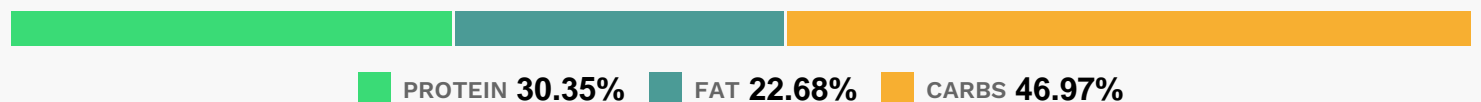
Equipment

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

Directions

- Place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 8 minutes or until tender; drain and set aside.
- Place a nonstick skillet coated with cooking spray over medium-high heat.
- Add the onion, and cook 20 minutes or until deep golden brown, stirring frequently.
- Remove onion from pan, and recoat pan with cooking spray. Return onion to pan; stir in potatoes and 1/4 teaspoon salt.
- Preheat broiler.
- Combine 1/4 teaspoon salt, parsley, and next 5 ingredients (parsley through garlic) in a bowl, stirring well with a whisk.
- Pour over onion mixture; sprinkle with cheese. Cook over medium heat 2 minutes or until slightly set. Wrap handle of skillet with foil; broil 3 minutes or until eggs are set and cheese is melted. Gently slide frittata onto a platter, and cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:13.44, Inflammation Score:-6, Nutrition Score:14.151304400485%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 189.47kcal (9.47%), Fat: 4.79g (7.38%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 20.02g (7.28%), Sugar: 3.57g (3.97%), Cholesterol: 142.48mg (47.49%), Sodium: 494.44mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Vitamin K: 63.68µg (60.65%), Selenium: 20.93µg (29.9%), Vitamin B2: 0.4mg (23.41%), Vitamin B6: 0.45mg (22.64%), Phosphorus: 215.8mg (21.58%), Vitamin C: 14.51mg (17.59%), Potassium: 584.67mg (16.7%), Manganese: 0.26mg (12.76%), Folate: 49.61µg (12.4%), Vitamin A: 611.77IU (12.24%), Calcium: 114.27mg (11.43%), Iron: 1.88mg (10.44%), Vitamin B5: 1.02mg (10.17%), Magnesium: 38.36mg (9.59%), Fiber: 2.32g (9.3%), Vitamin B1: 0.12mg (8.04%), Copper: 0.16mg (7.92%), Zinc: 1.16mg (7.71%), Vitamin B12: 0.43µg (7.22%), Vitamin B3: 1.09mg (5.44%), Vitamin D: 0.76µg (5.09%), Vitamin E: 0.49mg (3.26%)