



Prawn & chorizo frittata

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 onion finely chopped
- ☐ 50 g chorizo sliced
- ☐ 2 tsp olive oil
- ☐ 4 eggs lightly beaten
- ☐ 1 tbsp milk
- ☐ 85 g shrimp cooked peeled
- ☐ 100 g pea-mond dressing frozen
- ☐ 2 servings the salad

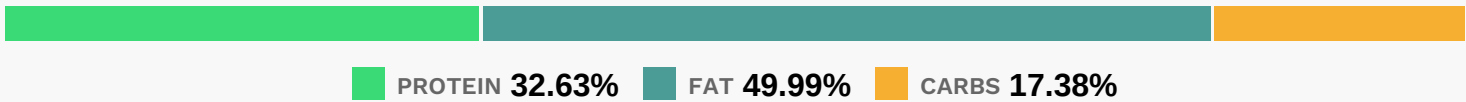
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat grill to medium. In a 20cm frying pan, fry the onion and chorizo in the oil over a low heat. Cook for 4–5 mins, stirring occasionally until the onion is soft.
- ☐ Take the pan off the heat, pour out any excess fat from the chorizo, then stir in the beaten eggs and milk with some seasoning. Stir in the prawns and peas and return to a low heat for 10–12 mins until all but the very top of the frittata is set. Flash it under the grill until golden (keep the handle away from the heat).
- ☐ Serve in wedges with a leafy salad.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:3.62, Inflammation Score:-7, Nutrition Score:17.323478056037%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 353.07kcal (17.65%), Fat: 19.45g (29.92%), Saturated Fat: 5.87g (36.72%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 11.5g (4.18%), Sugar: 3.5g (3.89%), Cholesterol: 412.31mg (137.44%), Sodium: 192.23mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Folate: 165.38µg (41.35%), Selenium: 28.71µg (41.01%), Phosphorus: 374.34mg (37.43%), Vitamin B2: 0.47mg (27.5%), Iron: 3.83mg (21.3%), Vitamin A: 1039.09IU (20.78%), Copper: 0.39mg (19.72%), Manganese: 0.37mg (18.54%), Zinc: 2.51mg (16.74%), Vitamin B5: 1.66mg (16.64%), Magnesium: 59.99mg (15%), Fiber: 3.72g (14.87%), Potassium: 492.89mg (14.08%), Vitamin C: 11.52mg (13.96%), Vitamin B12: 0.82µg (13.73%), Vitamin B6: 0.27mg (13.46%), Vitamin D: 1.84µg (12.28%), Vitamin E: 1.72mg (11.48%), Vitamin B1: 0.17mg (11%), Calcium: 109.28mg (10.93%), Vitamin K: 3.96µg (3.77%), Vitamin B3: 0.57mg

(2.87%)