



WHATSheATE



Pumpkin, Spinach, and Feta Frittata



Vegetarian



Gluten Free

READY IN



59 min.

SERVINGS



4

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 eggs lightly beaten
- ☐ 7 ounces feta cheese crumbled
- ☐ 10 ounce potatoes peeled coarsely chopped
- ☐ 4 cups pumpkin fresh cubed
- ☐ 1 small onion red thinly sliced
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 4.5 ounces pkt spinach fresh chopped

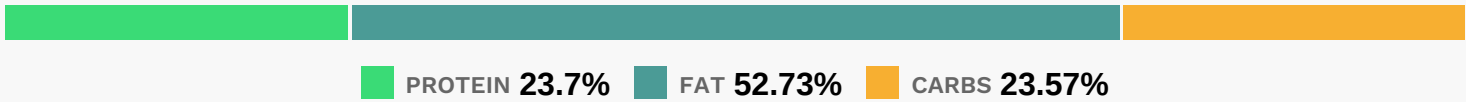
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 10-inch square baking dish and line it with parchment paper.
- ☐ Place the pumpkin in a microwave-safe bowl; cover and cook in microwave on full power, stirring halfway through cooking time, until tender, about 5 minutes.
- ☐ Place the potato in a microwave-safe bowl; cover and cook in microwave on full power until tender enough to pierce with a fork, about 4 minutes.
- ☐ Combine the pumpkin and potato in a large bowl.
- ☐ Add the spinach, feta cheese, Cheddar cheese, and eggs; stir.
- ☐ Transfer mixture to prepared dish; top with sliced onion.
- ☐ Bake in preheated oven until firm, about 25 minutes. Allow to rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:15.45, Inflammation Score:-10, Nutrition Score:36.425217213838%

Flavonoids

Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 446.82kcal (22.34%), Fat: 26.57g (40.88%), Saturated Fat: 13.53g (84.57%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 23.42g (8.51%), Sugar: 5.45g (6.06%), Cholesterol: 392.7mg (130.9%), Sodium:

860.81mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.75%), Vitamin A: 13764.53IU (275.29%), Vitamin K: 158.44µg (150.9%), Vitamin B2: 1.13mg (66.61%), Selenium: 41.47µg (59.24%), Phosphorus: 553.51mg (55.35%), Calcium: 514.43mg (51.44%), Vitamin C: 35.4mg (42.91%), Folate: 158.68µg (39.67%), Vitamin B6: 0.75mg (37.48%), Potassium: 1079.41mg (30.84%), Manganese: 0.62mg (30.78%), Vitamin B12: 1.85µg (30.77%), Zinc: 4.13mg (27.56%), Vitamin B5: 2.53mg (25.26%), Iron: 4.3mg (23.88%), Magnesium: 83.87mg (20.97%), Vitamin E: 3.06mg (20.41%), Copper: 0.36mg (18.11%), Vitamin B1: 0.27mg (18%), Vitamin D: 2.09µg (13.9%), Fiber: 3.31g (13.23%), Vitamin B3: 2.27mg (11.37%)