



## Quick Four-Ingredient Spinach Frittata

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



446 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 4 cups baby spinach leaves loosely packed (6-oz. pkg.)
- 4 slices oscar mayer bacon crumbled cooked
- 4 Tbsp four cheese shredded mexican style kraft finely
- 4 eggs beaten

### Equipment

- frying pan

## Directions

- Cook spinach and 1 Tbsp. water in medium skillet sprayed with cooking spray on medium heat 4 to 5 min. or until spinach is tender, stirring occasionally.
- Mix remaining ingredients; pour over spinach. (Do not stir.) Cover; cook 5 min. or until center is set.

## Nutrition Facts

**PROTEIN 22.82%** **FAT 73.48%** **CARBS 3.7%**

## Properties

Glycemic Index:29.5, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:29.164782461913%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

## Nutrients (% of daily need)

Calories: 445.52kcal (22.28%), Fat: 36.27g (55.79%), Saturated Fat: 14.4g (90.02%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.68g (0.75%), Cholesterol: 386.4mg (128.8%), Sodium: 659.84mg (28.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.69%), Vitamin K: 290.78µg (276.94%), Vitamin A: 6418.28IU (128.37%), Selenium: 44.95µg (64.21%), Folate: 164.06µg (41.01%), Phosphorus: 404.4mg (40.44%), Vitamin B2: 0.68mg (40.21%), Calcium: 322.98mg (32.3%), Manganese: 0.57mg (28.53%), Vitamin B12: 1.32µg (22.02%), Zinc: 3.07mg (20.49%), Vitamin C: 16.86mg (20.44%), Vitamin B6: 0.4mg (20.22%), Iron: 3.39mg (18.86%), Magnesium: 71.34mg (17.83%), Vitamin B5: 1.76mg (17.56%), Vitamin E: 2.56mg (17.04%), Potassium: 566.46mg (16.18%), Vitamin B1: 0.21mg (14.14%), Vitamin D: 2.12µg (14.11%), Vitamin B3: 2.29mg (11.43%), Copper: 0.17mg (8.49%), Fiber: 1.32g (5.28%)