



Quick veg & soft cheese frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



533 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 100 g bacon chopped
- ☐ 1 tbsp olive oil
- ☐ 2 large zucchini cut into chunks
- ☐ 350 g regular corn frozen
- ☐ 400 g spinach frozen drained
- ☐ 8 eggs
- ☐ 150 g cheese with garlic and herbs soft

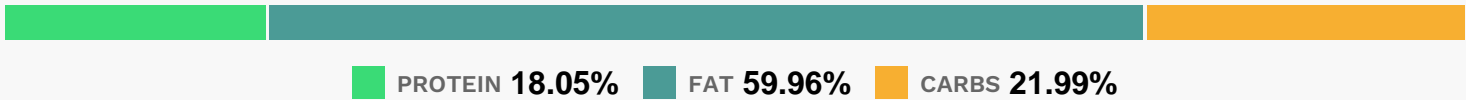
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Fry the lardons or bacon in the oil in a large non-stick frying pan until starting to brown, add the courgettes, then fry for a couple of mins until they begin to soften.
- ☐ Add the sweetcorn and spinach, season if you like, then heat through.
- ☐ Heat grill to medium. Beat the eggs, then pour over the vegetables. Crumble over the cheese, then cook gently until the egg has just set around the edges, about 5 mins. Slide the frittata under the grill, then cook until the egg is set and the top is lightly browned.
- ☐ Cut into wedges and serve with a simple green salad.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:10.09, Inflammation Score:-10, Nutrition Score:38.442173916361%

Flavonoids

Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 532.73kcal (26.64%), Fat: 37.09g (57.06%), Saturated Fat: 14.49g (90.53%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 24g (8.73%), Sugar: 10.4g (11.55%), Cholesterol: 381.73mg (127.25%), Sodium: 496.08mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.23%), Vitamin K: 382.45µg (364.24%), Vitamin A: 13267.2IU (265.34%), Folate: 248.62µg (62.15%), Selenium: 41.76µg (59.66%), Manganese: 1.17mg (58.37%), Vitamin B2: 0.93mg (54.96%), Vitamin C: 39.22mg (47.54%), Phosphorus: 428.11mg (42.81%), Vitamin B6: 0.79mg (39.7%), Magnesium: 143.76mg (35.94%), Potassium: 1178.74mg (33.68%), Vitamin E: 5.03mg (33.54%), Vitamin B5: 2.82mg (28.18%), Fiber: 6.61g (26.46%), Iron: 4.58mg (25.47%), Calcium: 244.4mg (24.44%), Vitamin B1: 0.36mg (24.06%), Zinc: 3.24mg (21.58%), Vitamin B3: 3.81mg (19.07%), Copper: 0.35mg (17.65%), Vitamin B12: 0.99µg (16.51%), Vitamin D: 1.86µg (12.4%)