



Ramen Noodle Frittata

READY IN



20 min.

SERVINGS



4

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 6 eggs
- ☐ 6 ounce chicken ramen noodles flavored
- ☐ 0.5 cup cheddar cheese shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

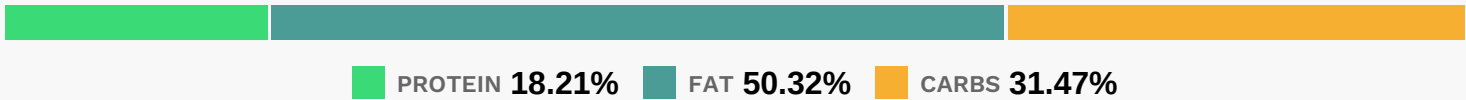
☐

whisk

Directions

- ☐
- Place noodles in a saucepan filled with boiling water, reserving the seasoning packet. Cook until tender, and drain. In a medium bowl, whisk together the eggs and seasoning packets from the noodles.
- ☐
- Mix in noodles.
- ☐
- Melt butter in a large skillet over medium heat.
- ☐
- Add the noodle mixture, and cook over medium-low heat until firm, 5 to 7 minutes.
- ☐
- Cut into fourths, and turn over to brown the other side for 1 to 2 minutes.
- ☐
- Sprinkle cheese over the top, and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:12.31, Inflammation Score:-4, Nutrition Score:12.906086938537%

Nutrients (% of daily need)

Calories: 355.34kcal (17.77%), Fat: 19.75g (30.39%), Saturated Fat: 9.27g (57.97%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.81g (9.75%), Sugar: 0.96g (1.07%), Cholesterol: 265.02mg (88.34%), Sodium: 1067.97mg (46.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.17%), Selenium: 28.54µg (40.77%), Vitamin B1: 0.47mg (31.21%), Vitamin B2: 0.47mg (27.94%), Phosphorus: 246.58mg (24.66%), Folate: 82.11µg (20.53%), Iron: 2.88mg (16.02%), Calcium: 149.76mg (14.98%), Vitamin B12: 0.85µg (14.13%), Vitamin B5: 1.19mg (11.9%), Manganese: 0.23mg (11.69%), Zinc: 1.73mg (11.56%), Vitamin A: 565.51IU (11.31%), Vitamin E: 1.5mg (9.99%), Vitamin D: 1.4µg (9.37%), Vitamin B3: 1.79mg (8.98%), Vitamin B6: 0.16mg (7.95%), Copper: 0.13mg (6.31%), Magnesium: 21.56mg (5.39%), Potassium: 178.67mg (5.1%), Fiber: 0.98g (3.91%), Vitamin K: 3.14µg (2.99%)