



Red Bell Pepper Frittata

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups bell pepper red
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup couscous uncooked
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 2 garlic clove minced
- ☐ 1.5 ounces monterrey jack cheese shredded
- ☐ 1 cup onion vertically sliced

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 tablespoon water

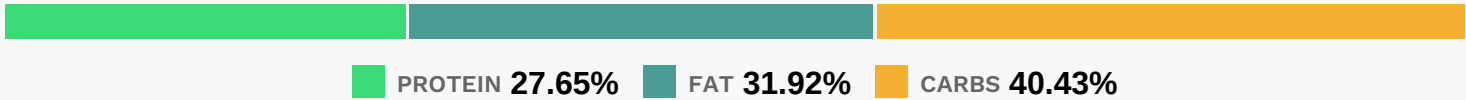
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Bring 1/2 cup water to boil in a small saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine 1 tablespoon water, salt, black pepper, egg whites, and eggs in a medium bowl, stirring with a whisk.
- ☐ Heat a 10-inch ovenproof nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add bell pepper, onion, and garlic; saut 5 minutes. Stir in couscous and egg mixture; cook over medium heat 5 minutes or until almost set.
- ☐ Sprinkle with cheese.
- ☐ Bake at 350 for 10 minutes or until set.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:8.72, Inflammation Score:-9, Nutrition Score:17.09130434368%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 202.56kcal (10.13%), Fat: 7.21g (11.09%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.52g (6.37%), Sugar: 5.27g (5.85%), Cholesterol: 148.96mg (49.65%), Sodium: 615.81mg (26.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.1%), Vitamin C: 98.79mg (119.74%), Vitamin A: 2618.47IU (52.37%), Selenium: 20.15µg (28.78%), Vitamin B2: 0.44mg (26.17%), Vitamin B6: 0.37mg (18.67%), Phosphorus: 184.37mg (18.44%), Folate: 65.68µg (16.42%), Manganese: 0.3mg (15.25%), Calcium: 125.03mg (12.5%), Fiber: 3.03g (12.11%), Vitamin B5: 1.14mg (11.35%), Vitamin E: 1.61mg (10.73%), Potassium: 361.44mg (10.33%), Zinc: 1.21mg (8.07%), Magnesium: 31.22mg (7.8%), Iron: 1.36mg (7.56%), Vitamin B12: 0.45µg (7.53%), Vitamin B1: 0.1mg (6.88%), Vitamin B3: 1.36mg (6.82%), Copper: 0.11mg (5.68%), Vitamin D: 0.81µg (5.43%), Vitamin K: 4.42µg (4.21%)