



## Red Pepper Frittata Squares

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 10 large eggs
- 1 cup flat-leaf parsley fresh chopped
- 4 ounces goat cheese soft
- 6 servings kosher salt and pepper
- 2 tablespoons olive oil
- 1 onion thinly sliced
- 2 bell peppers red thinly sliced

### Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Heat oven to 400 F.
- Heat the oil in a large ovenproof nonstick skillet over medium-high heat.
- Add the onion and cook, stirring occasionally, for 3 minutes.
- Add the bell peppers and 1/2 teaspoon salt and cook, stirring occasionally, until the vegetables are soft, 8 to 10 minutes. In a medium bowl, whisk the eggs, 1 teaspoon salt, and 1/4 teaspoon pepper.
- Mix in the parsley.
- Pour over the vegetables in the skillet, stir once, and crumble the cheese over the top.
- Transfer to oven and bake until the center is set, 18 to 20 minutes. Slide out of the skillet and cut into squares before serving warm or at room temperature. Tip: For an extra touch, add chorizo. Dice 4 ounces Spanish chorizo (cured sausage) and stir it into the cooked onions and peppers.

## Nutrition Facts

  

 **PROTEIN 25.67%**  **FAT 65.13%**  **CARBS 9.2%**

## Properties

Glycemic Index:15.17, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:21.639130115509%

## Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 231.56kcal (11.58%), Fat: 16.79g (25.83%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3g (3.34%), Cholesterol: 318.69mg (106.23%), Sodium: 389.69mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.78%), Vitamin K: 169.42µg (161.35%), Vitamin C: 65.43mg (79.31%), Vitamin A: 2729.96IU (54.6%), Selenium: 26.25µg (37.51%), Vitamin B2: 0.5mg (29.48%), Phosphorus: 234.81mg (23.48%), Folate: 78.36µg (19.59%), Vitamin B6: 0.34mg (16.77%), Vitamin B5: 1.59mg (15.94%), Vitamin E: 2.29mg (15.24%), Iron: 2.67mg (14.86%), Vitamin B12: 0.78µg (12.96%), Vitamin D: 1.74µg (11.62%), Copper: 0.23mg (11.36%), Zinc: 1.49mg (9.91%), Calcium: 94.09mg (9.41%), Potassium: 285.86mg (8.17%), Manganese: 0.13mg (6.34%), Magnesium: 24.62mg (6.16%), Fiber: 1.47g (5.9%), Vitamin B1: 0.09mg (5.67%), Vitamin B3: 0.68mg (3.42%)