



Red Pepper, Potato, and Ricotta Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



646 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 12 large eggs
- 2 tablespoons chives fresh chopped
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 garlic cloves minced
- 0.5 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper
- 16 rosemary-and-garlic potato wedges frozen thawed
- 6 tablespoons ricotta cheese

- 1 roasted bell pepper red jarred
- 0.8 teaspoon salt

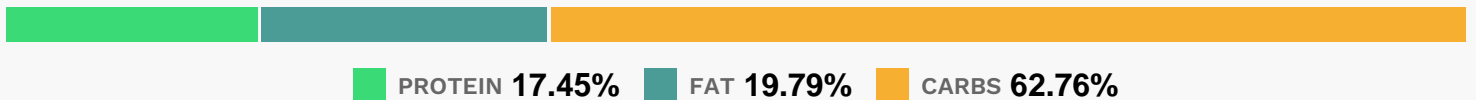
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 35
- Tear roasted red bell pepper into bite-size pieces to equal 1/3 cup.
- Whisk together eggs, Parmesan cheese, garlic, parsley, chives, salt, pepper, and 1/4 cup water in a large bowl until frothy.
- Pour half of egg mixture into a lightly greased 10-inch ovenproof nonstick skillet.
- Place potatoes in a single layer over egg mixture.
- Pour remaining egg mixture over potatoes. Dot ricotta by tablespoonfuls over egg mixture, and top with red pepper pieces.
- Bake at 350 for 35 to 40 minutes or until puffy and set.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:72.93, Inflammation Score:-8, Nutrition Score:39.251304460608%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg

Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 645.88kcal (32.29%), Fat: 14.35g (22.07%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 102.36g (34.12%), Net Carbohydrates: 89.67g (32.61%), Sugar: 4.89g (5.44%), Cholesterol: 386.9mg (128.97%), Sodium: 710.67mg (30.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.91%), Vitamin C: 117.59mg (142.53%), Vitamin B6: 1.89mg (94.56%), Potassium: 2586.9mg (73.91%), Phosphorus: 603.31mg (60.33%), Selenium: 37.74µg (53.92%), Fiber: 12.69g (50.77%), Manganese: 0.96mg (47.86%), Vitamin B2: 0.7mg (41.35%), Magnesium: 149.5mg (37.37%), Folate: 144.3µg (36.08%), Iron: 6.46mg (35.88%), Copper: 0.71mg (35.47%), Vitamin K: 35.56µg (33.86%), Vitamin B1: 0.51mg (33.68%), Vitamin B5: 3.29mg (32.94%), Vitamin B3: 6.15mg (30.77%), Calcium: 237.43mg (23.74%), Zinc: 3.52mg (23.48%), Vitamin A: 878.7IU (17.57%), Vitamin B12: 1.05µg (17.56%), Vitamin D: 2.07µg (13.81%), Vitamin E: 1.18mg (7.87%)