



Roasted Red Bell Pepper and Goat Cheese Frittata



Vegetarian



Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 4 green onions chopped

- ☐ 4 teaspoons olive oil
- ☐ 1 cup bottled roasted bell peppers red chopped
- ☐ 0.5 teaspoon salt divided

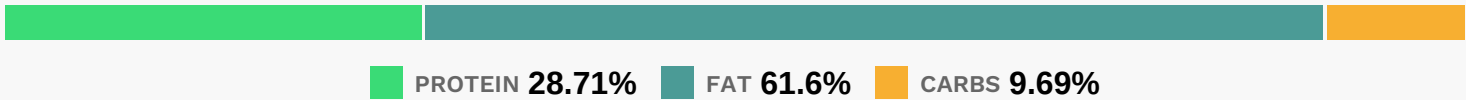
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler.
- ☐ Combine eggs, egg whites, chives, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a bowl, stirring with a whisk.
- ☐ Heat oil in an ovenproof skillet over medium heat.
- ☐ Add red bell peppers, onions, garlic, and remaining salt and pepper; saut 2 minutes.
- ☐ Pour egg mixture over vegetables. As mixture starts to cook, gently lift edges of frittata with a spatula, and tilt pan so uncooked portion flows underneath. Cook 2 minutes; remove from heat.
- ☐ Sprinkle cheese over frittata. Broil 2 minutes or until set and lightly browned.
- ☐ Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:9.0626086255778%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 139.14kcal (6.96%), Fat: 9.58g (14.73%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.78g (0.86%), Cholesterol: 99.52mg (33.17%), Sodium: 914.63mg (39.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Vitamin K: 31.21µg (29.72%), Vitamin C: 19.87mg (24.09%), Selenium: 15.09µg (21.55%), Vitamin B2: 0.34mg (19.82%), Vitamin A: 649.86IU (13%), Phosphorus: 105.74mg (10.57%), Copper: 0.2mg (9.76%), Vitamin B6: 0.17mg (8.53%), Manganese: 0.16mg (8.17%), Folate: 29.71µg (7.43%), Iron: 1.29mg (7.16%), Calcium: 64.57mg (6.46%), Vitamin E: 0.94mg (6.25%), Vitamin B5: 0.58mg (5.82%), Potassium: 190.07mg (5.43%), Vitamin B12: 0.28µg (4.65%), Magnesium: 16.59mg (4.15%), Zinc: 0.6mg (4.01%), Vitamin D: 0.56µg (3.71%), Fiber: 0.86g (3.46%), Vitamin B1: 0.04mg (2.74%), Vitamin B3: 0.39mg (1.96%)