



Roasted Red Pepper and Fresh Herb Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 pinch pepper black generous freshly ground
- 2 tablespoons chives chopped
- 12 eggs beaten
- 12 servings basil leaves fresh for garnish
- 2 teaspoons basil leaves fresh chopped
- 2 tablespoons parsley leaves fresh chopped
- 0.5 cup goat cheese crumbled
- 3 tablespoons olive oil

- 2 teaspoons oregano leaves fresh chopped
- 0.5 cup roasted peppers red sliced
- 2 teaspoons salt

Equipment

- frying pan
- oven
- spatula

Directions

- Preheat the oven to 350 degrees F.
- Pour the oil into a 10-inch nonstick skillet and place over medium high heat for 2 minutes. Meanwhile, add the salt, pepper, parsley, chives, basil and oregano to the eggs and beat well.
- Pour the egg mixture into the hot skillet, reduce the heat to medium and cook about 3 minutes, occasionally pulling the egg away from the sides of the pan.
- Add the red peppers and goat cheese, remove the skillet from the heat and slide it into top half of the oven. Cook until the center of the frittata is set, about 12 to 15 minutes.
- Remove from the oven and let cool 10 minutes. Slide the spatula around the edges of the pan, working underneath the frittata a bit. Shake the pan to loosen the bottom and gently slide onto a serving platter. Slice into 12 wedges, garnish with basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:6.9943478314773%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 121.64kcal (6.08%), Fat: 9.73g (14.97%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.28g (0.31%), Cholesterol: 168.03mg (56.01%), Sodium: 565.35mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Vitamin K: 24.86µg (23.68%), Selenium: 13.82µg (19.74%), Vitamin B2: 0.24mg (14.31%), Phosphorus: 114.81mg (11.48%), Vitamin A: 555.66IU (11.11%), Vitamin B5: 0.75mg (7.53%), Vitamin E: 1.07mg (7.11%), Iron: 1.26mg (6.98%), Vitamin B12: 0.41µg (6.83%), Folate: 26.45µg (6.61%), Vitamin D: 0.92µg (6.12%), Copper: 0.12mg (6.03%), Vitamin B6: 0.12mg (5.84%), Vitamin C: 4.26mg (5.16%), Calcium: 50.86mg (5.09%), Zinc: 0.7mg (4.68%), Manganese: 0.08mg (3.79%), Magnesium: 10.19mg (2.55%), Potassium: 87.24mg (2.49%), Vitamin B1: 0.03mg (1.86%), Fiber: 0.28g (1.12%)