



Roasted Red Pepper and Italian Sausage Frittata topped with Marinara and Mozzarella

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 large eggs
- ☐ 1 handful parsley chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.5 pound sausage italian
- ☐ 1 cup tomatoes
- ☐ 1 cup mozzarella cheese grated
- ☐ 1 tablespoon olive oil

- ☐ 1 onion diced
- ☐ 0.5 cup parmigiano reggiano grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 large roasted pepper diced red
- ☐ 0.3 teaspoon salt

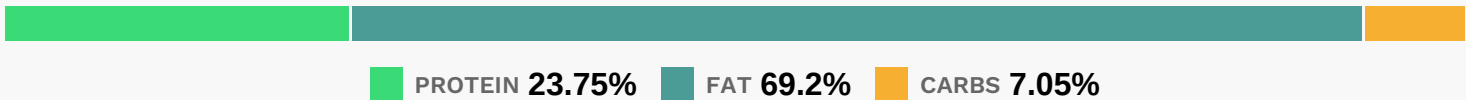
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oil in an oven proof pan over medium heat.
- ☐ Add the sausage and cook until it has just browned all over, breaking it apart as you go.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Mix the eggs, parmigiano reggiano, roasted red pepper, sausage, onions, garlic, salt and pepper in a large bowl.
- ☐ Pour the egg mixture into the pan and cook until the eggs are almost set, about 10–15 minutes.
- ☐ Transfer the pan into a preheated 400F oven and let the eggs finish cooking, about 10 minutes.
- ☐ Pour the marinara sauce over the frittata, sprinkle on the cheese and broil until the cheese has melted, about 2–4 minutes.
- ☐ Serve immediately, garnished with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:14.116521690203%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 331.76kcal (16.59%), Fat: 25.43g (39.12%), Saturated Fat: 10g (62.5%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.77g (1.73%), Sugar: 2.69g (2.99%), Cholesterol: 235.14mg (78.38%), Sodium: 974.06mg (42.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.27%), Selenium: 30.27µg (43.25%), Phosphorus: 296.21mg (29.62%), Calcium: 243.38mg (24.34%), Vitamin B2: 0.41mg (23.98%), Vitamin B12: 1.31µg (21.91%), Vitamin B1: 0.27mg (17.73%), Zinc: 2.25mg (14.99%), Vitamin B6: 0.3mg (14.96%), Vitamin A: 727.22IU (14.54%), Vitamin K: 14.43µg (13.74%), Vitamin B5: 1.18mg (11.84%), Iron: 2.03mg (11.29%), Vitamin C: 9.04mg (10.95%), Vitamin E: 1.51mg (10.09%), Potassium: 352.38mg (10.07%), Folate: 37.62µg (9.4%), Vitamin B3: 1.78mg (8.92%), Manganese: 0.15mg (7.45%), Vitamin D: 1.12µg (7.44%), Magnesium: 28.06mg (7.01%), Copper: 0.14mg (6.91%), Fiber: 1.06g (4.25%)