



## Sausage" and Noodle Frittata

READY IN



45 min.

SERVINGS



6

CALORIES



542 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 8 eggs
- 18.5 oz japanese ramen noodles light canned
- 4 oz mild sausage links to package directions and coin frozen thawed cut into 1/4-inch pieces
- 0.5 medium bell pepper red cut into bite-size strips
- 1 teaspoon basil dried italian
- 2 oz cheddar cheese shredded reduced-fat
- 1 leaves basil fresh chopped

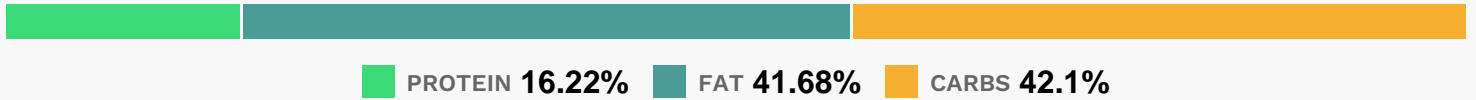
### Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Heat oven to 425°F. In medium bowl, beat eggs with wire whisk until blended. Stir in soup, sausage, bell pepper and Italian seasoning.
- Pour into 12-inch ovenproof nonstick skillet.
- Bake 25 to 30 minutes or until set.
- Sprinkle cheese over top. Cover; let stand 5 minutes before serving.
- Cut into wedges to serve.
- Sprinkle basil leaves over top.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:25.24, Inflammation Score:-6, Nutrition Score:19.202174145242%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 541.79kcal (27.09%), Fat: 24.95g (38.39%), Saturated Fat: 10.52g (65.75%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 54.44g (19.79%), Sugar: 2.06g (2.29%), Cholesterol: 233.83mg (77.94%), Sodium: 2041.56mg (88.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.69%), Vitamin B1: 0.98mg (65.44%), Selenium: 28.14µg (40.2%), Folate: 132.71µg (33.18%), Vitamin B2: 0.55mg (32.29%), Phosphorus: 294.51mg (29.45%), Iron: 4.98mg (27.65%), Manganese: 0.49mg (24.3%), Vitamin B3: 4.61mg (23.07%), Vitamin C: 13.1mg (15.88%), Vitamin B12: 0.95µg (15.79%), Vitamin E: 2.15mg (14.35%), Zinc: 2.12mg (14.13%), Vitamin A: 677.15IU (13.54%), Vitamin B6: 0.27mg (13.45%), Vitamin B5: 1.32mg (13.18%), Copper: 0.21mg (10.72%), Calcium: 103.7mg (10.37%), Vitamin D: 1.43µg (9.52%), Fiber: 2.28g (9.13%), Potassium: 316.09mg (9.03%), Vitamin K: 8.98µg (8.55%), Magnesium: 33.73mg (8.43%)