



Sausage" and Noodle Frittata

READY IN



45 min.

SERVINGS



6

CALORIES



548 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

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

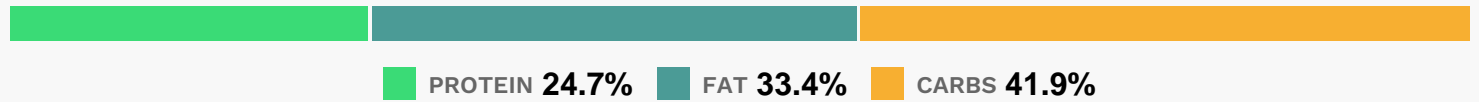
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 425F. 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:24.83, Glycemic Load:25.24, Inflammation Score:-6, Nutrition Score:21.833913118943%

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: 548.22kcal (27.41%), Fat: 20.58g (31.66%), Saturated Fat: 8.94g (55.86%), Carbohydrates: 58.11g (19.37%), Net Carbohydrates: 54.77g (19.92%), Sugar: 2.06g (2.29%), Cholesterol: 220.22mg (73.41%), Sodium: 2111.3mg (91.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.49%), Vitamin B1: 0.96mg (64.19%), Iron: 7.51mg (41.71%), Phosphorus: 415.66mg (41.57%), Folate: 165.79µg (41.45%), Selenium: 28.29µg (40.41%), Manganese: 0.77mg (38.36%), Vitamin B2: 0.54mg (32.05%), Copper: 0.5mg (25.2%), Vitamin B3: 4mg (19.99%), Zinc: 2.47mg (16.47%), Vitamin C: 12.97mg (15.72%), Vitamin E: 2.12mg (14.11%), Calcium: 135.64mg (13.56%), Fiber: 3.34g (13.37%), Vitamin A: 662.98IU (13.26%), Vitamin B12: 0.79µg (13.12%), Vitamin B5: 1.2mg (12.02%), Vitamin B6: 0.23mg (11.51%), Magnesium: 38.46mg (9.61%), Vitamin K: 8.9µg (8.48%), Potassium: 284.52mg (8.13%), Vitamin D: 1.18µg (7.89%)