



Savory Italian Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 large eggs
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 tablespoon mint leaves dried fresh chopped
- ☐ 1 tablespoon sage dried fresh chopped
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 ounces seasoning cubes diced fully cooked

- ☐ 1 tablespoon stick margarine
- ☐ 0.3 cup onion finely chopped

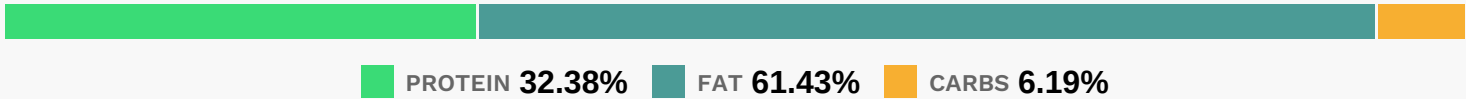
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Beat all ingredients except ham, butter and onion thoroughly with fork or wire whisk until well mixed. Stir in ham.
- ☐ Melt butter in 10-inch nonstick skillet over medium-high heat. Cook onion in butter 4 to 5 minutes, stirring frequently, until crisp-tender; reduce heat to medium-low.
- ☐ Pour egg mixture into skillet. Cover and cook 9 to 11 minutes or until eggs are set around edge and light brown on bottom.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:12.327826103439%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 133.05kcal (6.65%), Fat: 8.99g (13.83%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.71g (0.79%), Cholesterol: 253.79mg (84.6%), Sodium: 450.55mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Copper: 3.1mg (154.98%), Selenium:

20.81µg (29.73%), Vitamin B2: 0.32mg (18.93%), Phosphorus: 142.65mg (14.27%), Vitamin K: 11.74µg (11.18%), Iron: 2mg (11.13%), Vitamin B5: 1.04mg (10.44%), Manganese: 0.21mg (10.42%), Vitamin B12: 0.61µg (10.12%), Vitamin A: 496.08IU (9.92%), Vitamin D: 1.34µg (8.92%), Folate: 35.7µg (8.92%), Calcium: 70.79mg (7.08%), Vitamin B6: 0.13mg (6.62%), Zinc: 0.98mg (6.56%), Vitamin E: 0.85mg (5.69%), Magnesium: 16.22mg (4.05%), Potassium: 131.43mg (3.76%), Vitamin B1: 0.03mg (2.29%), Fiber: 0.51g (2.05%)