



## Seafood Frittata

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 teaspoon vegetable oil
- 4 oz asparagus fresh cut into 2-inch pieces ( 1 cup)
- 0.8 cup mushrooms fresh thinly sliced
- 0.5 cup imitation crab chopped
- 0.8 cup eggs
- 1 oz mozzarella cheese shredded

## Equipment

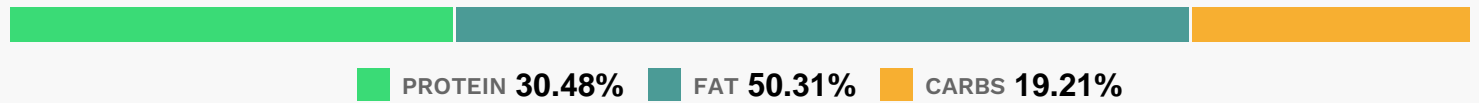
- frying pan

- oven
- aluminum foil

## Directions

- Brush oil over bottom and up side of 10-inch nonstick skillet; heat over medium-low heat. Cook asparagus and mushrooms in skillet 3 to 4 minutes, stirring occasionally, until asparagus is crisp-tender. Reduce heat to medium-low. Stir in crabmeat. Cook until heated through.
- Spread mixture evenly in skillet.
- Pour egg product evenly over mixture; do not stir. Cook 6 to 8 minutes or until egg is almost set.
- Sprinkle with cheese.
- Set oven control to broil. Cover skillet handle with foil. Broil frittata with top 4 to 6 inches from heat 1 to 2 minutes or until cheese is melted and eggs are set.
- Cut in half; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:16.495217364767%

## Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

## Nutrients (% of daily need)

Calories: 256.53kcal (12.83%), Fat: 14.27g (21.96%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 10.21g (3.71%), Sugar: 3.75g (4.16%), Cholesterol: 355.13mg (118.38%), Sodium: 474.11mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Selenium: 35.04µg (50.05%), Vitamin B2: 0.68mg (40.07%), Phosphorus: 291.05mg (29.1%), Vitamin K: 28.32µg (26.98%), Vitamin B5: 2.11mg (21.11%), Vitamin A: 1016.54IU (20.33%), Folate: 79.42µg (19.86%), Vitamin B12: 1.15µg (19.14%), Iron: 3.05mg (16.95%), Copper: 0.29mg (14.44%), Zinc: 2.08mg (13.89%), Calcium: 137.3mg (13.73%), Vitamin D: 1.95µg (13.01%), Vitamin B6: 0.25mg (12.46%), Vitamin E: 1.81mg (12.08%), Potassium: 365.54mg (10.44%), Vitamin B1: 0.15mg (10.06%), Vitamin B3: 1.94mg (9.69%), Fiber: 2.05g (8.18%), Manganese: 0.14mg (6.81%), Magnesium: 24.95mg (6.24%),

Vitamin C: 3.93mg (4.77%)