



Shiitake Frittata Squares with Prosciutto

 Gluten Free

READY IN



60 min.

SERVINGS



24

CALORIES



35 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 large egg whites
- ☐ 24 chives fresh thin
- ☐ 8 ounces mushroom caps fresh finely chopped
- ☐ 1.5 tablespoons tarragon fresh finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup parmesan shredded finely
- ☐ 8 slices pancetta thin
- ☐ 2 shallots minced

- ☐ 2 teaspoons butter unsalted
- ☐ 0.3 cup water
- ☐ 2 large eggs whole

Equipment

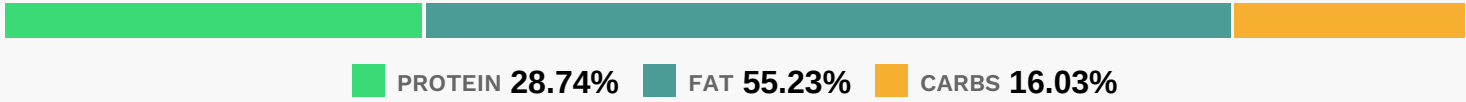
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Melt butter in a 9- to 10-inch nonstick skillet over moderate heat, then cook mushrooms and shallots, stirring occasionally, 3 minutes.
- ☐ Add water and cook, stirring, until liquid is evaporated and mushrooms are tender and golden, about 5 minutes. Stir in tarragon.
- ☐ While mushrooms are cooking, lightly beat together whole eggs, whites, parmesan, kosher salt, and pepper to taste.
- ☐ Preheat broiler.
- ☐ Add egg mixture to mushrooms, then cook over high heat, stirring briskly, until eggs are softly scrambled, 2 to 4 minutes. Reduce heat to low and form frittata into a 6 1/2-inch square with a spatula. Cook over low heat until bottom is set, about 2 minutes.
- ☐ Place skillet under broiler (wrap nonmetal handles in foil), 5 to 6 inches from heat, and broil until eggs are just firm to the touch and barely golden, 1 to 2 minutes.
- ☐ Transfer frittata to a cutting board and cool. Trim edges of square, then cut frittata into 24 rectangles.
- ☐ Cut each prosciutto slice lengthwise into 3 strips. Wrap a prosciutto strip lengthwise around each egg rectangle, then tie a chive around crosswise.
- ☐ Serve at room temperature.

- ☐ Frittata squares can be made 2 hours ahead and chilled, covered with a dampened paper towel, then with plastic wrap. Bring to room temperature before serving.
- ☐ Each serving (2 hors d'oeuvres) about 53 calories and 3 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.1482608564522%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 34.74kcal (1.74%), Fat: 2.16g (3.33%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.49g (0.54%), Cholesterol: 18.86mg (6.29%), Sodium: 103.97mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Selenium: 4.3µg (6.14%), Vitamin B2: 0.09mg (5.23%), Manganese: 0.07mg (3.46%), Phosphorus: 34.44mg (3.44%), Vitamin B6: 0.06mg (3.12%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.25mg (2.51%), Calcium: 22.44mg (2.24%), Potassium: 77.4mg (2.21%), Vitamin K: 2.21µg (2.1%), Vitamin A: 104.02IU (2.08%), Iron: 0.32mg (1.78%), Zinc: 0.25mg (1.64%), Folate: 6.56µg (1.64%), Magnesium: 6.49mg (1.62%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.33%), Vitamin B12: 0.07µg (1.18%), Vitamin C: 0.97mg (1.17%)