



Shrimp Frittata: Frittata coi Gamberetti



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 eggs
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley italian finely chopped
- ☐ 1 tablespoon salt
- ☐ 6 servings salt and pepper
- ☐ 0.5 pound shrimp cleaned peeled small or
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 cup water

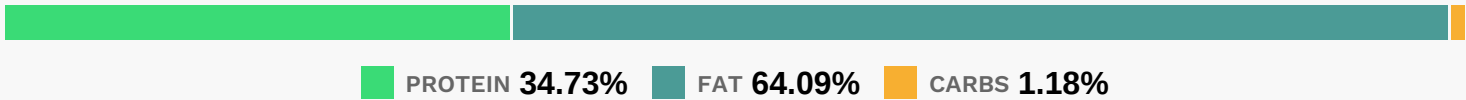
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Bring 1 cup of water to a boil and add 1 tablespoon salt. Quickly blanch the shrimp in the salted water, then drain and toss in the butter. Season with salt and pepper and set aside.
- ☐ In a large bowl, beat the eggs with salt and pepper.
- ☐ Heat the olive oil in a large 9-inch non-stick skillet over high heat and pour in the eggs. Cook, stirring constantly, until the eggs are coagulated. The eggs should be semi-solid.
- ☐ Add the shrimp and mix them in. Cook the mixture on the stovetop for a few more minutes, and then flip it over.
- ☐ Cut the frittata into wedges, top with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:8.3221739737884%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 174.49kcal (8.72%), Fat: 12.34g (18.99%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.23g (0.26%), Cholesterol: 284.11mg (94.7%), Sodium: 1487.89mg (64.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.1%), Selenium: 18.04µg (25.77%), Vitamin K: 25.02µg

(23.82%), Phosphorus: 198.38mg (19.84%), Vitamin B2: 0.27mg (15.89%), Copper: 0.2mg (9.99%), Vitamin A: 487.43IU (9.75%), Vitamin B5: 0.91mg (9.07%), Vitamin E: 1.35mg (9.01%), Vitamin B12: 0.53µg (8.77%), Zinc: 1.29mg (8.58%), Vitamin D: 1.21µg (8.06%), Iron: 1.34mg (7.47%), Folate: 29.67µg (7.42%), Calcium: 61.51mg (6.15%), Potassium: 189.02mg (5.4%), Magnesium: 21.41mg (5.35%), Vitamin B6: 0.1mg (5.05%), Vitamin C: 1.77mg (2.15%), Manganese: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.65%)