



Skillet Frittata

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup broccoli chopped
- 1 cup milk cheddar cheese shredded 2% kraft
- 2 tsp grey poupon dijon mustard
- 6 eggs
- 2 cups ore-ida hash brown potatoes shredded
- 1 Tbsp oil
- 1 small onion chopped
- 1 bell pepper red chopped

0.3 cup water

Equipment

frying pan

whisk

aluminum foil

broiler

Directions

Wrap handle of 10-inch nonstick skillet with foil.

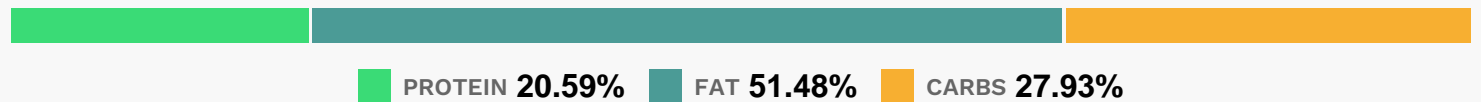
Heat oil in skillet on medium heat.

Add chopped vegetables and hash browns; cook 5 min., stirring occasionally.

Whisk eggs, water and mustard until blended; pour over vegetable mixture. Cook 10 min. or until center is almost set; top with cheese.

Heat broiler. Broil frittata, 6 inches from heat, 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:4.35, Inflammation Score:-7, Nutrition Score:14.009565042413%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 233.61kcal (11.68%), Fat: 13.54g (20.83%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 14.48g (5.27%), Sugar: 1.83g (2.03%), Cholesterol: 182.51mg (60.84%), Sodium: 225.98mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.18g (24.37%), Vitamin C: 45.08mg (54.64%), Selenium: 20.06µg (28.66%), Vitamin A: 1140.08IU (22.8%), Phosphorus: 226.3mg (22.63%), Vitamin B2: 0.33mg (19.54%), Calcium: 177.1mg (17.71%), Vitamin K: 18.25µg (17.38%), Vitamin B6: 0.25mg (12.36%), Folate: 48.13µg

(12.03%), Vitamin B5: 1.14mg (11.45%), Potassium: 382.45mg (10.93%), Zinc: 1.55mg (10.31%), Vitamin B12: 0.59µg (9.85%), Vitamin E: 1.45mg (9.65%), Iron: 1.73mg (9.61%), Manganese: 0.19mg (9.57%), Fiber: 2.05g (8.19%), Vitamin B1: 0.12mg (8.04%), Vitamin B3: 1.52mg (7.59%), Vitamin D: 0.99µg (6.62%), Magnesium: 25.59mg (6.4%), Copper: 0.13mg (6.26%)