



WHATSheATE



Smoked salmon & pea frittata



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients



500 g baby potatoes



200 g salmon smoked



8 large eggs



2 tbsp optional: dill chopped



100 g peas frozen

Equipment



bowl

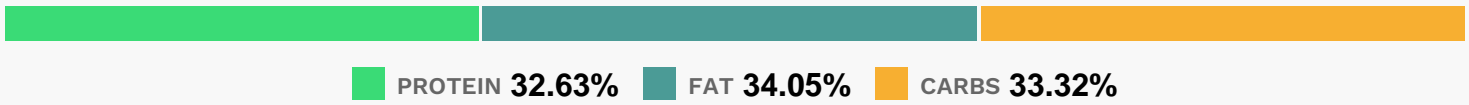


frying pan

Directions

- ☐ Thickly slice the potatoes and cook in a pan of boiling salted water until just tender, about 10 minutes.
- ☐ Drain well and leave to cool slightly.
- ☐ Cut the salmon into wide strips. Crack the eggs into a bowl, beat with a fork until lightly foamy, then stir in the smoked salmon, dill, peas and plenty of salt and pepper. Finally, stir in the potatoes.
- ☐ Heat 3 tablespoons of olive oil in a large non-stick frying pan, carefully pour in the egg mixture and cook over a fairly low heat for 10-15 minutes, until the egg is starting to set just under the surface.
- ☐ Put a plate that is slightly larger than the top of the pan on top and invert the frittata onto it. Slide it back into the pan and cook for a further 5 minutes to brown the underside. Slide on to a plate and leave to cool for 5 minutes before cutting into wedges. A tomato and chive salad tastes very fresh with this.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:16.95, Inflammation Score:-6, Nutrition Score:25.179130471271%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 318.09kcal (15.9%), Fat: 11.88g (18.28%), Saturated Fat: 3.64g (22.78%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 21.99g (8%), Sugar: 2.76g (3.07%), Cholesterol: 383.5mg (127.83%), Sodium: 542.87mg (23.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.25%), Vitamin D: 10.55µg (70.33%), Selenium: 47.72µg (68.18%), Vitamin C: 34.79mg (42.18%), Vitamin B12: 2.52µg (42%), Phosphorus: 378.38mg (37.84%), Vitamin B6: 0.72mg (36.02%), Vitamin B2: 0.58mg (34.18%), Vitamin B5: 2.36mg (23.65%), Potassium: 814.23mg (23.26%), Vitamin B3: 4.28mg (21.39%), Folate: 84.55µg (21.14%), Iron: 3.53mg (19.61%), Copper: 0.37mg (18.31%), Fiber: 4.18g (16.72%), Manganese: 0.33mg (16.64%), Vitamin A: 792.69IU (15.85%), Vitamin B1: 0.22mg (14.54%), Magnesium: 58.11mg (14.53%), Zinc: 2.12mg (14.13%), Vitamin E: 1.77mg (11.8%), Vitamin K: 8.93µg (8.5%), Calcium:

83.17mg (8.32%)