



Southwestern Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 teaspoons bottled garlic minced
- 4.5 ounce chiles green undrained chopped canned
- 0.1 teaspoon chili powder
- 1 cup corn kernels frozen
- 1 cup egg substitute
- 3 large eggs
- 1 cup meatless ground burger frozen (such as Boca)
- 0.3 teaspoon ground cumin

- 2 teaspoons olive oil
- 0.8 cup onion chopped
- 0.8 teaspoon salt divided
- 4 ounces sharp cheddar cheese shredded 2% reduced-fat

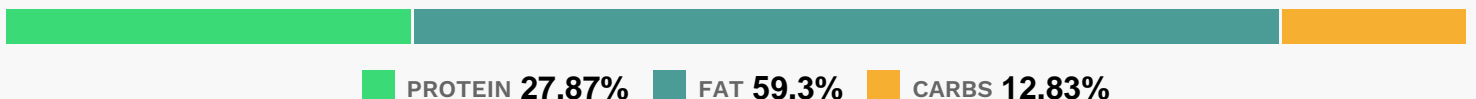
Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- aluminum foil

Directions

- Preheat oven to 35
- Heat oil in a nonstick skillet over medium heat.
- Add garlic and onion, and saut 1 minute.
- Add meatless ground burger; saut 3 minutes or until burger is thawed.
- Add corn and green chiles, and cook 3 minutes or until corn is thawed. Stir in 1/4 teaspoon salt.
- Combine remaining 1/2 teaspoon salt, eggs, and next 3 ingredients in a bowl; stir well with a whisk.
- Add onion mixture. Wipe pan with paper towels; coat with cooking spray.
- Pour egg mixture into pan, and sprinkle with Cheddar cheese. Wrap handle of pan with foil.
- Bake at 350 for 25 to 27 minutes or until egg is set and lightly browned.
- Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:13.587391459424%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 272.79kcal (13.64%), Fat: 18.08g (27.82%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.5g (2.73%), Sugar: 3.04g (3.38%), Cholesterol: 138.52mg (46.17%), Sodium: 696.89mg (30.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Selenium: 35.75µg (51.07%), Vitamin B2: 0.45mg (26.24%), Phosphorus: 247.91mg (24.79%), Vitamin B12: 1.36µg (22.69%), Zinc: 3.14mg (20.95%), Calcium: 200.77mg (20.08%), Vitamin B6: 0.31mg (15.57%), Vitamin B5: 1.46mg (14.63%), Iron: 2.49mg (13.81%), Folate: 50.21µg (12.55%), Vitamin C: 9.92mg (12.02%), Vitamin B3: 2.12mg (10.6%), Vitamin E: 1.43mg (9.56%), Potassium: 333.87mg (9.54%), Vitamin A: 467.43IU (9.35%), Vitamin D: 1.29µg (8.61%), Vitamin B1: 0.1mg (7%), Magnesium: 27.67mg (6.92%), Fiber: 1.31g (5.23%), Manganese: 0.1mg (5.21%), Copper: 0.08mg (3.95%), Vitamin K: 2.24µg (2.14%)