



Spaghetti Frittata

READY IN



40 min.

SERVINGS



40

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 eggs
- 0.5 cup oscar mayer baked ham cooked finely chopped
- 1 cup cheddar & monterey jack cheeses shredded divided kraft
- 1.5 cups cut-up spaghetti cooked
- 1 cup pkt spinach fresh finely chopped

Equipment

- bowl
- oven

whisk

Directions

Heat oven to 350F.

Whisk eggs in large bowl until blended. Stir in spaghetti, spinach, ham and 1/2 cup cheese.

Spread into 9-inch pie plate sprayed with cooking spray.

Sprinkle with remaining cheese.

Bake 30 min. or until center is set.

Nutrition Facts



PROTEIN 27.65% **FAT 51.08%** **CARBS 21.27%**

Properties

Glycemic Index:2.69, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.5908695563026%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 32.7kcal (1.63%), Fat: 1.83g (2.81%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.07g (0.08%), Cholesterol: 28.15mg (9.38%), Sodium: 47.74mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Selenium: 4.23µg (6.04%), Vitamin K: 3.71µg (3.54%), Phosphorus: 32.77mg (3.28%), Vitamin B2: 0.05mg (2.79%), Calcium: 26mg (2.6%), Vitamin A: 127.69IU (2.55%), Zinc: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.56%), Folate: 5.49µg (1.37%), Iron: 0.24mg (1.33%), Manganese: 0.03mg (1.3%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.21%), Vitamin D: 0.16µg (1.07%), Vitamin B1: 0.02mg (1.01%)