



Spaghetti Squash, Leek, And Potato Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons basil dried
- ☐ 5 large egg whites lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups hash brown potatoes frozen southern-style thawed
- ☐ 1 cup leek thinly sliced (1 large)
- ☐ 0.3 cup milk 1% low-fat
- ☐ 1 teaspoon butter

- ☐ 0.3 teaspoon salt
- ☐ 2 cups spaghetti squash cooked
- ☐ 1 ounce swiss cheese shredded
- ☐ 2 tablespoons or fresh finely chopped
- ☐ 2 tablespoons or fresh finely chopped

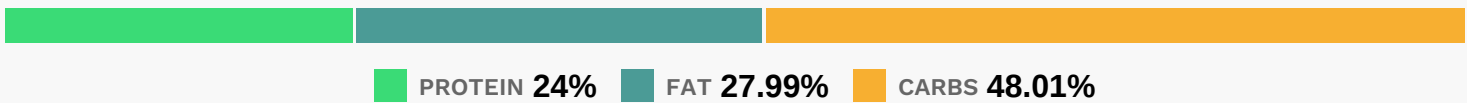
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Combine first 6 ingredients in a large bowl; stir in squash.
- ☐ Melt margarine in a large nonstick skillet coated with cooking spray over medium- high heat.
- ☐ Add potatoes and leek; cook, stirring constantly, 7 minutes or until lightly browned.
- ☐ Add egg mixture to skillet. Cover, reduce heat to low; cook 10 minutes or until center is almost set. Uncover and sprinkle with cheese.
- ☐ Preheat broiler. Wrap handle of skillet with foil; broil 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:6.24, Inflammation Score:-6, Nutrition Score:12.538260833077%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 214.76kcal (10.74%), Fat: 6.78g (10.44%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 23.55g (8.56%), Sugar: 3.23g (3.59%), Cholesterol: 100.57mg (33.52%), Sodium: 315.94mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Selenium: 19.14µg (27.34%), Vitamin B2: 0.38mg (22.29%), Manganese: 0.38mg (19.15%), Vitamin K: 19.75µg (18.81%), Phosphorus: 179.92mg (17.99%), Potassium: 531.43mg (15.18%), Calcium: 148.84mg (14.88%), Vitamin C: 12.04mg (14.59%), Iron: 2.55mg (14.16%), Vitamin A: 695.42IU (13.91%), Vitamin B6: 0.25mg (12.4%), Vitamin B3: 2.29mg (11.46%), Vitamin B5: 1.07mg (10.69%), Fiber: 2.63g (10.51%), Vitamin B1: 0.15mg (10.18%), Vitamin B12: 0.59µg (9.91%), Folate: 38.76µg (9.69%), Magnesium: 38.13mg (9.53%), Copper: 0.19mg (9.36%), Zinc: 1.08mg (7.21%), Vitamin D: 0.72µg (4.78%), Vitamin E: 0.65mg (4.36%)