

Spicy and Cheesy Egg and Tomato Frittata



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with green chilies, drained canned
- ☐ 10 egg whites
- ☐ 2 eggs
- ☐ 1 cup cheddar cheese shredded divided reduced-fat

Equipment

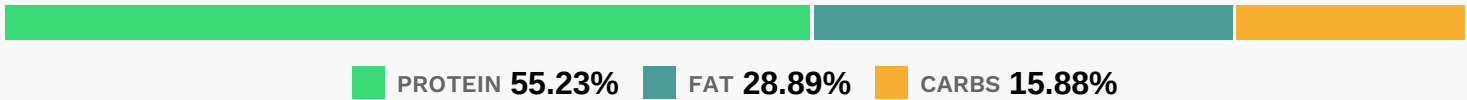
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Prepare an oven-safe skillet with cooking spray and place over medium heat.
- ☐ Whisk the egg whites, eggs, and 1/2 cup of the Cheddar cheese together in a bowl. Cook the egg mixture in the hot skillet until the bottom of the eggs turn opaque, about 1 minute. Cover the skillet with a lid and cook until the eggs are nearly set, 4 to 5 minutes more.
- ☐ Spread the diced tomatoes with chiles and the remaining cheese over the eggs.
- ☐ Move the skillet to the oven and cook under the broiler until the eggs finish setting and the cheese is completely melted, 2 to 3 minutes. Allow the frittata to rest 5 minutes before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:9.5578261043714%

Nutrients (% of daily need)

Calories: 136.8kcal (6.84%), Fat: 4.33g (6.66%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.21g (3.56%), Cholesterol: 87.77mg (29.26%), Sodium: 338.91mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.25%), Selenium: 25.95µg (37.08%), Vitamin B2: 0.55mg (32.28%), Phosphorus: 211.07mg (21.11%), Calcium: 166.67mg (16.67%), Vitamin C: 9.56mg (11.58%), Potassium: 364.46mg (10.41%), Iron: 1.56mg (8.67%), Vitamin B6: 0.17mg (8.4%), Vitamin B12: 0.4µg (6.7%), Magnesium: 26.71mg (6.68%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.96mg (6.43%), Vitamin E: 0.95mg (6.31%), Folate: 24.67µg (6.17%), Vitamin A: 297.51IU (5.95%), Copper: 0.11mg (5.5%), Manganese: 0.1mg (4.76%), Vitamin B3: 0.84mg (4.21%), Fiber: 1.03g (4.11%), Vitamin B1: 0.06mg (4.1%), Vitamin D: 0.47µg (3.12%), Vitamin K: 3.22µg (3.06%)