



Spinach and Feta Frittata

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 8 large eggs
- ☐ 0.5 cup feta cheese crumbled
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 bell pepper red
- ☐ 1 bunch scallions sliced
- ☐ 4 tablespoons breadcrumbs whole-wheat

Equipment

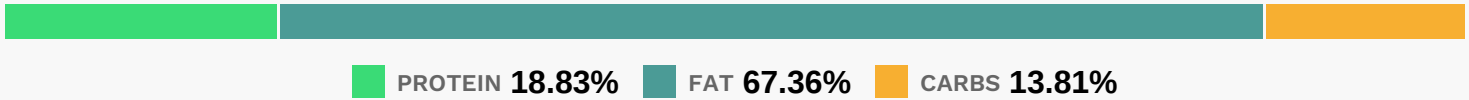
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ broiler
- ☐ stove
- ☐ tongs

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Place the bell pepper directly on a stovetop gas burner over high heat and char on all sides, turning with tongs, about 5 minutes. (If you don't have a gas stove, do this on a baking sheet under the broiler.)
- ☐ Transfer the pepper to a medium bowl, cover tightly with plastic wrap and let sit 10 minutes.
- ☐ Meanwhile, heat 2 tablespoons olive oil in a medium nonstick ovenproof skillet over medium-high heat.
- ☐ Add the scallions and spinach and cook, stirring, until wilted, about 4 minutes. Stir in 1/2 teaspoon salt, and pepper to taste; remove from the heat.
- ☐ Whisk the eggs, 2 tablespoons breadcrumbs, 3/4 cup water and 1/2 teaspoon salt in a large bowl.
- ☐ Add the egg mixture and feta to the skillet and stir to combine.
- ☐ Sprinkle with the remaining 2 tablespoons breadcrumbs.
- ☐ Transfer the skillet to the oven and bake until the frittata is set and the top is golden, about 15 minutes.
- ☐ While the frittata is cooking, peel off the skin from the roasted red pepper with your fingers.

- ☐
- Cut the pepper in half, discard the seeds and slice into strips. Toss with the remaining 2 tablespoons olive oil, and salt and pepper to taste in a bowl. Slide the frittata onto a serving plate and cut into wedges.
- ☐
- Serve with the roasted pepper.
- ☐
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:27.98173914785%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 364.75kcal (18.24%), Fat: 28.11g (43.25%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 10.41g (3.78%), Sugar: 2.24g (2.49%), Cholesterol: 388.69mg (129.56%), Sodium: 633.3mg (27.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.36%), Vitamin K: 194.1µg (184.86%), Vitamin A: 4933.34IU (98.67%), Vitamin C: 51.17mg (62.02%), Selenium: 33.93µg (48.48%), Vitamin B2: 0.71mg (41.9%), Folate: 139.27µg (34.82%), Phosphorus: 288.51mg (28.85%), Vitamin E: 4.32mg (28.81%), Iron: 3.83mg (21.27%), Vitamin B6: 0.41mg (20.44%), Vitamin B12: 1.21µg (20.11%), Manganese: 0.39mg (19.73%), Calcium: 190.18mg (19.02%), Vitamin B5: 1.84mg (18.36%), Zinc: 2.12mg (14.11%), Vitamin D: 2.08µg (13.83%), Potassium: 426.88mg (12.2%), Magnesium: 48.33mg (12.08%), Fiber: 2.56g (10.24%), Vitamin B1: 0.12mg (7.73%), Copper: 0.13mg (6.71%), Vitamin B3: 0.84mg (4.2%)