



Spinach and Leek Frittata

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 bag baby spinach (5)
- ☐ 8 servings pepper black freshly ground
- ☐ 8 large eggs
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 8 servings ice cubes
- ☐ 0.5 lb leek light white green rinsed halved sliced well
- ☐ 0.5 cup ricotta cheese low-fat

- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.5 tsp salt

Equipment

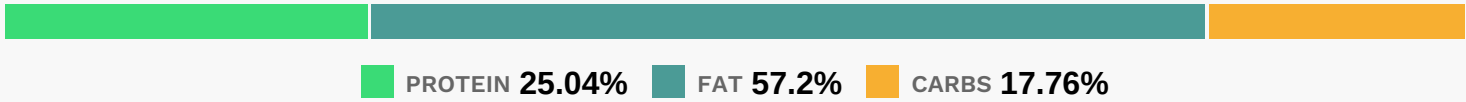
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ broiler
- ☐ spatula

Directions

- ☐ Fill a bowl with ice water. Stir spinach into a large pot of boiling water, cook 20 seconds, then transfer to ice water. When cool, drain, squeeze dry, and chop.
- ☐ In a 10-in. ovenproof nonstick frying pan over medium heat, cook leek in 1 tbsp. olive oil, stirring often, until very tender, 5 to 7 minutes. Stir in garlic; cook, stirring, until fragrant, about 1 minute.
- ☐ Add spinach and rosemary; cook briefly, stirring to coat with oil.
- ☐ Remove from heat.
- ☐ Whisk eggs in a bowl. Beat in 1/2 tsp. salt and ricotta. Stir in cooked greens and leek.
- ☐ Add pepper to taste.
- ☐ Preheat broiler. Clean and dry frying pan. Set over medium heat and add remaining oil. When hot, pour in egg mixture; cook, stirring occasionally to distribute cheese and greens, 1 minute. Continue cooking, tilting pan and using a spatula to lift up the frittata's outer edge and let eggs run underneath, until eggs no longer flow easily. Turn heat to low and cover pan. Cook until frittata is almost set, 6 to 10 minutes.
- ☐ Broil frittata about 3 in. from heating element until just beginning to color on top, about 2 minutes; remove from oven.
- ☐ Let sit in pan about 5 minutes, then carefully slide out onto a platter. Allow to cool, then cut into diamonds (about 1 1/2- by 3-in., tip to tip).

- ☐
- Add more salt to taste.
- ☐
- Make ahead: Up to 1 day, then chill, covered. Bring to room temperature to serve.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:18.98826082893%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 150.67kcal (7.53%), Fat: 9.71g (14.94%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 5.45g (1.98%), Sugar: 1.5g (1.66%), Cholesterol: 190.8mg (63.6%), Sodium: 272.45mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Vitamin K: 187.33µg (178.41%), Vitamin A: 4131.92IU (82.64%), Folate: 112.58µg (28.15%), Selenium: 18.69µg (26.7%), Manganese: 0.5mg (24.81%), Vitamin B2: 0.33mg (19.64%), Vitamin C: 13.61mg (16.5%), Phosphorus: 156mg (15.6%), Iron: 2.54mg (14.14%), Vitamin E: 2.02mg (13.49%), Calcium: 125.68mg (12.57%), Vitamin B6: 0.23mg (11.65%), Magnesium: 45.24mg (11.31%), Potassium: 341.98mg (9.77%), Vitamin B5: 0.87mg (8.73%), Vitamin B12: 0.49µg (8.17%), Zinc: 1.09mg (7.27%), Vitamin D: 1.02µg (6.77%), Copper: 0.13mg (6.71%), Fiber: 1.33g (5.34%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.43mg (2.13%)