



Spinach and Mushroom Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 equivalent egg substitute
- 10 ounce pkt spinach frozen thawed chopped
- 0.3 teaspoon seasonings dried italian
- 0.8 cup parmesan cheese freshly grated
- 1 cup part-skim ricotta cheese
- 0.8 cup portabello mushrooms chopped
- 1 pinch salt and pepper to taste
- 0.5 cup scallions with some green tops finely chopped

Equipment

- bowl
- oven
- whisk

Directions

- Preheat oven to 375 degrees.
- In a large bowl, whisk together all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the spinach mixture.
- Bake for 30 minutes, or until browned and set.
- Let cool for 20 minutes, cut in wedges and serve.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.13, Inflammation Score:-10, Nutrition Score:18.105652197548%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 128.94kcal (6.45%), Fat: 7.1g (10.92%), Saturated Fat: 4g (25.02%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5g (1.82%), Sugar: 0.92g (1.03%), Cholesterol: 23.69mg (7.9%), Sodium: 315.49mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.15%), Vitamin K: 194.04µg (184.8%), Vitamin A: 5893.29IU (117.87%), Calcium: 292.02mg (29.2%), Selenium: 16.44µg (23.49%), Folate: 83.28µg (20.82%), Phosphorus: 193.34mg (19.33%), Manganese: 0.37mg (18.62%), Vitamin B2: 0.25mg (14.65%), Magnesium: 48mg (12%), Vitamin E: 1.54mg (10.24%), Zinc: 1.46mg (9.72%), Potassium: 302.75mg (8.65%), Iron: 1.33mg (7.4%), Fiber: 1.76g (7.05%), Copper: 0.13mg (6.27%), Vitamin B6: 0.12mg (6.12%), Vitamin C: 4.17mg (5.06%), Vitamin B12: 0.3µg (4.94%), Vitamin B1: 0.07mg (4.56%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.33mg (3.26%)