



Spinach and Potato Frittata



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 tablespoons canola oil divided
- ☐ 4 eggs
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 baking potatoes thinly sliced
- ☐ 2 teaspoons salt

- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 medium onion diced yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450 degrees F. Put a baking sheet into the oven to preheat.
- ☐ In a large bowl combine 1 tablespoon of the canola oil with 1 teaspoon of salt and 1/4 teaspoon pepper.
- ☐ Add the sliced potatoes to the bowl and toss to coat.
- ☐ Remove the baking sheet from the oven, and add the potato slices, making sure they are all in a single layer.
- ☐ Transfer to the oven and bake for 8 minutes.
- ☐ In a skillet, heat the remaining 2 tablespoons of the oil over medium heat.
- ☐ Add the onion and saute for 2 minutes. Stir in the garlic and spinach and saute for another 2 minutes.
- ☐ In a large bowl whisk together the eggs, milk and remaining salt and pepper.
- ☐ Mix in the cheese and the onion and spinach mixture and set aside.
- ☐ Spray an oven-proof skillet with nonstick cooking spray. Turn the oven down to 350 degrees F.
- ☐ Remove the potatoes from the oven and add them to the skillet.
- ☐ Pour in the egg mixture and transfer the skillet to the oven.
- ☐ Bake until the eggs have set, about 30 to 35 minutes.
- ☐ Remove from oven and let cool for 5 minutes.
- ☐ Serve warm or at room temperature, directly from the skillet.

Nutrition Facts

 **PROTEIN 18.71%**  **FAT 58.24%**  **CARBS 23.05%**

Properties

Glycemic Index:59.69, Glycemic Load:9.19, Inflammation Score:-10, Nutrition Score:25.737391306006%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 305.32kcal (15.27%), Fat: 20.24g (31.14%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 14.94g (5.43%), Sugar: 4.63g (5.15%), Cholesterol: 182.06mg (60.69%), Sodium: 1392.14mg (60.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.27%), Vitamin K: 273.22µg (260.21%), Vitamin A: 8744.03IU (174.88%), Manganese: 0.68mg (33.96%), Folate: 134.58µg (33.65%), Selenium: 21.81µg (31.16%), Vitamin B2: 0.51mg (29.82%), Vitamin E: 4.42mg (29.49%), Calcium: 276.42mg (27.64%), Phosphorus: 268.98mg (26.9%), Vitamin B6: 0.46mg (22.93%), Magnesium: 83.01mg (20.75%), Potassium: 659.79mg (18.85%), Vitamin B12: 1.04µg (17.34%), Iron: 2.72mg (15.1%), Fiber: 3.08g (12.3%), Zinc: 1.82mg (12.16%), Vitamin B5: 1.18mg (11.78%), Vitamin B1: 0.18mg (11.72%), Vitamin D: 1.61µg (10.71%), Copper: 0.2mg (10.24%), Vitamin C: 8.42mg (10.2%), Vitamin B3: 1.05mg (5.26%)