



Spinach and Sun-Dried Tomato Frittata

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup asiago cheese grated
- 2 cups poached berries fresh
- 0.1 teaspoon pepper black freshly ground
- 4 egg whites
- 2 tablespoons basil fresh chopped
- 2 teaspoons olive oil
- 0.3 teaspoon salt
- 1 small shallots chopped

- 1 cup pkt spinach fresh packed chopped
- 8 sun-dried olives chopped
- 4 slices buttered toast whole-wheat
- 4 eggs whole

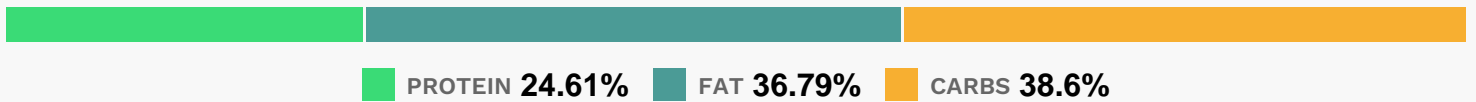
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 425°F. Coat 4 small baking dishes with cooking spray. Set aside.
- Heat oil in a large pan over medium heat. Cook shallot until soft but not brown, 2 to 3 minutes.
- Add spinach; cook 2 to 3 minutes.
- Remove from heat. Lightly whisk eggs and egg whites in a bowl. Stir in sun-dried tomatoes, cheese, basil, spinach mixture, salt and pepper. Spoon into baking dishes; bake until firm in the center, 12 to 14 minutes.
- Serve each with 1 slice toast and 1/2 cup berries.
- Self

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:16.236956617107%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin:

0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 266.12kcal (13.31%), Fat: 11g (16.93%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 22.45g (8.16%), Sugar: 10.1g (11.22%), Cholesterol: 172.4mg (57.47%), Sodium: 599.93mg (26.08%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.56g (33.12%), Vitamin K: 57.25µg (54.53%), Selenium: 29.59µg (42.28%), Vitamin B2: 0.51mg (30.17%), Vitamin A: 1162.45IU (23.25%), Phosphorus: 231.88mg (23.19%), Calcium: 223.41mg (22.34%), Manganese: 0.4mg (20.19%), Folate: 71.15µg (17.79%), Fiber: 3.53g (14.13%), Iron: 2.46mg (13.67%), Vitamin B1: 0.17mg (11.39%), Potassium: 395.55mg (11.3%), Vitamin B5: 1.06mg (10.56%), Vitamin B6: 0.2mg (9.92%), Magnesium: 39.42mg (9.86%), Vitamin B12: 0.57µg (9.55%), Vitamin E: 1.37mg (9.11%), Vitamin B3: 1.8mg (9.02%), Copper: 0.18mg (8.77%), Zinc: 1.28mg (8.52%), Vitamin C: 6.29mg (7.63%), Vitamin D: 0.94µg (6.28%)