



## Spinach and Tomato Frittata

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 4 ounces accompaniment: lightly whipped cream fresh packed
- 2 tablespoons water
- 3 eggs
- 3 egg whites
- 0.3 cup spring onion chopped ( 5 medium)
- 0.3 cup skim milk fat-free (skim)
- 0.3 teaspoon ground pepper red (cayenne)
- 1 cup tomatoes chopped

2 ounces feta cheese crumbled

## Equipment

bowl

frying pan

sauce pan

aluminum foil

broiler

## Directions

Coarsely chop spinach. In 2-quart saucepan, place spinach and water. Cover and cook over medium-low heat 3 to 5 minutes or until wilted.

Meanwhile, in medium bowl, mix eggs, egg whites, onions, milk and ground red pepper until well blended.

In 12-inch nonstick ovenproof skillet, arrange wilted spinach, tomato and feta cheese. (If ovenproof skillet is unavailable, wrap skillet handle with foil before placing under broiler.)

Pour egg mixture over top. Cover and cook over medium-low heat 6 to 7 minutes or until almost set.

Uncover skillet; broil about 6 inches from heat 1 minute.

Let stand 1 minute before serving.

## Nutrition Facts

  
**PROTEIN 19.35%** **FAT 71.78%** **CARBS 8.87%**

## Properties

Glycemic Index:40.56, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:9.1943478065988%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 209.23kcal (10.46%), Fat: 16.84g (25.9%), Saturated Fat: 9.46g (59.15%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.98g (1.45%), Sugar: 4.28g (4.76%), Cholesterol: 174.67mg (58.22%), Sodium: 266.46mg (11.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Selenium: 17.12µg (24.46%), Vitamin B2: 0.4mg (23.77%), Vitamin A: 1125.71IU (22.51%), Vitamin K: 20.65µg (19.66%), Phosphorus: 145.26mg (14.53%), Calcium: 140.13mg (14.01%), Vitamin B12: 0.64µg (10.71%), Vitamin C: 6.94mg (8.41%), Vitamin B6: 0.16mg (8.21%), Folate: 32.31µg (8.08%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.01mg (6.73%), Potassium: 230.38mg (6.58%), Vitamin D: 0.89µg (5.9%), Iron: 0.92mg (5.12%), Vitamin E: 0.66mg (4.38%), Magnesium: 16.99mg (4.25%), Vitamin B1: 0.06mg (4.22%), Manganese: 0.07mg (3.72%), Copper: 0.06mg (3.22%), Fiber: 0.7g (2.79%), Vitamin B3: 0.48mg (2.41%)