



## Spinach and Tomato Frittata

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 3 egg whites
- 3 eggs
- 0.3 cup skim milk fat-free (skim)
- 2 ounces feta cheese crumbled
- 0.3 cup spring onion chopped ( 5 medium)
- 0.3 teaspoon ground pepper red (cayenne)
- 4 ounces pkt spinach fresh packed
- 1 cup tomatoes chopped

2 tablespoons water

## 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



## Properties

Glycemic Index:48.56, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:17.715652299964%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 117.95kcal (5.9%), Fat: 6.46g (9.94%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.36g (2.62%), Cholesterol: 135.83mg (45.28%), Sodium: 278.08mg (12.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.91%), Vitamin K: 157.58µg (150.07%), Vitamin A: 3372.98IU (67.46%), Vitamin B2: 0.46mg (26.93%), Selenium: 17.41µg (24.87%), Folate: 87.3µg (21.83%), Vitamin C: 14.73mg (17.86%), Manganese: 0.33mg (16.44%), Phosphorus: 159.15mg (15.91%), Calcium: 148.35mg (14.84%), Potassium: 388.57mg (11.1%), Vitamin B6: 0.22mg (10.97%), Vitamin B12: 0.64µg (10.71%), Magnesium: 39.39mg (9.85%), Iron: 1.69mg (9.39%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.8mg (7.98%), Zinc: 1.16mg (7.73%), Vitamin D: 0.89µg (5.9%), Vitamin B1: 0.09mg (5.69%), Fiber: 1.32g (5.29%), Copper: 0.1mg (5.06%), Vitamin B3: 0.69mg (3.44%)