

Spinach Frittata

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



91 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 5 cherry tomatoes quartered
- 0.5 teaspoon basil dried
- 6 eggs
- 0.1 teaspoon garlic powder
- 6 tablespoons spring onion sliced
- 2 tablespoons milk
- 0.3 cup parmesan shredded
- 0.3 teaspoon pepper

- 1 cup potatoes – remove skin red cubed unpeeled
- 0.3 teaspoon salt
- 6 cups pkt spinach fresh loosely packed
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- whisk

Directions

- In medium bowl, beat eggs and milk with wire whisk. Stir in cheese, garlic powder, basil, salt, pepper and onions.
- In 9- to 10-inch nonstick skillet with sloping sides (omelet or crepe pan), heat oil over medium heat. Cook potatoes in oil about 5 minutes, stirring frequently, until tender.
- Add spinach; cover and cook 1 to 2 minutes or until spinach is wilted.
- Reduce heat to low.
- Spread potatoes and spinach evenly in skillet; top evenly with tomatoes.
- Pour egg mixture over top. Cover; cook 12 to 15 minutes, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet, until bottom is lightly browned and top is set.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:13.612608733385%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 91.27kcal (4.56%), Fat: 5.59g (8.59%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.92g (1.03%), Cholesterol: 126.04mg (42.01%), Sodium: 209.15mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin K: 121.98µg (116.17%), Vitamin A: 2424.93IU (48.5%), Selenium: 11.51µg (16.44%), Folate: 65.63µg (16.41%), Vitamin B2: 0.22mg (13.07%), Manganese: 0.26mg (12.92%), Vitamin C: 10.4mg (12.6%), Phosphorus: 119.89mg (11.99%), Calcium: 101.81mg (10.18%), Iron: 1.49mg (8.3%), Potassium: 261.84mg (7.48%), Magnesium: 28.53mg (7.13%), Vitamin B6: 0.13mg (6.75%), Vitamin E: 1mg (6.66%), Vitamin B12: 0.36µg (6.07%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.75mg (4.97%), Vitamin D: 0.72µg (4.81%), Copper: 0.08mg (4.05%), Fiber: 0.89g (3.56%), Vitamin B1: 0.05mg (3.25%), Vitamin B3: 0.39mg (1.97%)