

Spinach Frittata

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup ham cooked chopped
- ☐ 3 eggs
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red cut into thin matchsticks

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 10 ounce pkt spinach frozen dry thawed chopped

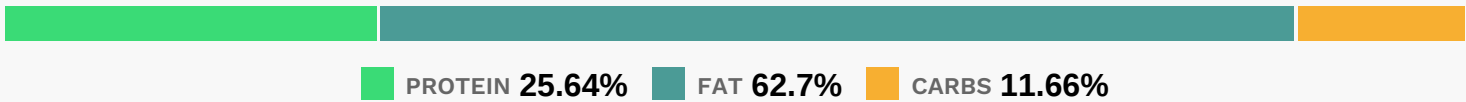
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium heat. Cook and stir red pepper and onion in hot oil until tender, about 5 minutes.
- ☐ Beat eggs and milk together in a bowl until smooth; add spinach, ham, mozzarella cheese, feta cheese, salt, and black pepper. Gently stir to mix evenly; pour into the skillet.
- ☐ Place a cover on the skillet and cook until the egg mixture is completely set in the center, 7 to 10 minutes.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:28.429130305415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 294.86kcal (14.74%), Fat: 20.91g (32.17%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 5.93g (2.16%), Sugar: 3.83g (4.25%), Cholesterol: 174.79mg (58.26%), Sodium: 1031.11mg (44.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.47%), Vitamin K: 269.91µg (257.06%),

Vitamin A: 9296.27IU (185.93%), Vitamin C: 35.8mg (43.39%), Vitamin B2: 0.64mg (37.54%), Selenium: 25.87µg (36.96%), Folate: 138.49µg (34.62%), Phosphorus: 336.95mg (33.7%), Calcium: 318.96mg (31.9%), Manganese: 0.6mg (29.77%), Vitamin E: 3.79mg (25.23%), Vitamin B12: 1.49µg (24.88%), Vitamin B6: 0.43mg (21.61%), Vitamin B1: 0.3mg (19.94%), Magnesium: 77.53mg (19.38%), Zinc: 2.61mg (17.39%), Potassium: 508.45mg (14.53%), Iron: 2.52mg (13.98%), Vitamin B5: 1.22mg (12.19%), Fiber: 2.82g (11.27%), Vitamin B3: 1.83mg (9.14%), Copper: 0.18mg (8.94%), Vitamin D: 1.13µg (7.51%)