



Spinach Frittata with Tomatoes and Goat Cheese

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 eggs
- 2 cloves garlic minced
- 5 ounces goat cheese
- 4 servings ground pepper black to taste
- 2 tablespoons olive oil
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated

- 3 roma tomatoes salted thick sliced
- 0.3 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed chopped

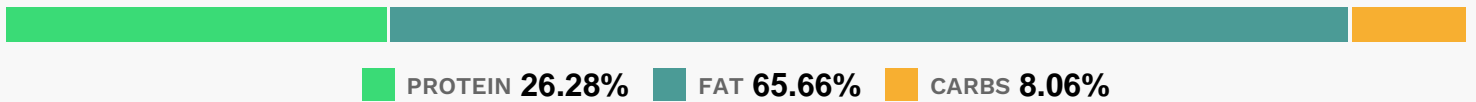
Equipment

- frying pan
- oven
- whisk

Directions

- Adjust oven rack to middle position and heat oven to 400 degrees F (200 degrees C).
- Heat oil in a 10-inch oven-safe skillet.
- Add tomatoes; fry, turning once until golden brown, about 4 minutes total.
- Add garlic during the last minute.
- Meanwhile, whisk eggs, spinach, cheeses, oregano, 1/4 teaspoon of salt and pepper to taste; pour over tomatoes.
- Transfer pan to oven and bake until just set, 12 to 15 minutes.
- Remove from oven and let stand a few minutes. Loosen frittata around pan perimeter. Invert onto a plate, then invert onto another plate.
- Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:28.443043584409%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg,

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 339.66kcal (16.98%), Fat: 25.11g (38.63%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.35g (2.62%), Cholesterol: 349.1mg (116.37%), Sodium: 565.33mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Vitamin K: 274.29µg (261.23%), Vitamin A: 9598.27IU (191.97%), Selenium: 34.68µg (49.54%), Vitamin B2: 0.73mg (42.89%), Folate: 156.38µg (39.1%), Phosphorus: 353.29mg (35.33%), Manganese: 0.67mg (33.4%), Vitamin E: 4.38mg (29.21%), Calcium: 257.53mg (25.75%), Copper: 0.46mg (23.11%), Iron: 3.87mg (21.52%), Vitamin B6: 0.42mg (21.19%), Magnesium: 77.91mg (19.48%), Vitamin B5: 1.73mg (17.31%), Vitamin B12: 0.93µg (15.58%), Zinc: 2.23mg (14.89%), Potassium: 508.18mg (14.52%), Vitamin C: 10.74mg (13.02%), Vitamin D: 1.93µg (12.89%), Fiber: 2.78g (11.11%), Vitamin B1: 0.15mg (9.94%), Vitamin B3: 0.88mg (4.41%)