



Spinach, Onion, and Swiss Frittata



Vegetarian



Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 cups baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 8 large eggs lightly beaten
- ☐ 2 cups onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup swiss cheese shredded

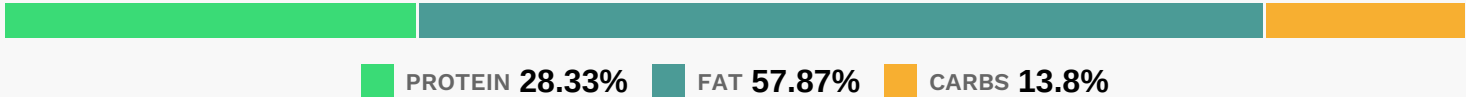
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Heat a 10-inch ovenproof skillet over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; saut 10 minutes or until tender.
- ☐ Add spinach; cook 2 minutes, stirring just until spinach wilts.
- ☐ Combine eggs, salt, and pepper.
- ☐ Pour egg mixture over vegetables in pan; cook until edges begin to set, about 2 minutes. Gently lift edge of egg mixture, tilting pan to allow uncooked egg mixture to come in contact with pan. Cook 2 minutes or until egg mixture is almost set.
- ☐ Sprinkle with cheese.
- ☐ Bake at 400 for 8 minutes or until center is set.
- ☐ Transfer frittata to a serving platter immediately; cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:17.418695828189%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 186.32kcal (9.32%), Fat: 11.99g (18.45%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 6.43g (2.15%), Net Carbohydrates: 5.07g (1.84%), Sugar: 2.59g (2.88%), Cholesterol: 260.55mg (86.85%), Sodium: 234.49mg (10.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Vitamin K: 98.29µg (93.61%), Vitamin A: 2348.97IU (46.98%), Selenium: 25µg (35.72%), Phosphorus: 234.89mg (23.49%), Vitamin B2: 0.4mg (23.41%), Folate: 81.5µg (20.37%), Calcium: 189.98mg (19%), Vitamin B12: 1µg (16.68%), Manganese: 0.28mg (13.92%), Vitamin B5: 1.16mg (11.6%), Vitamin C: 9.57mg (11.6%), Vitamin B6: 0.23mg (11.3%), Zinc: 1.65mg (10.99%), Iron: 1.85mg (10.26%), Vitamin E: 1.43mg (9.55%), Vitamin D: 1.33µg (8.89%), Magnesium: 33.73mg (8.43%), Potassium: 292.18mg (8.35%), Fiber: 1.37g (5.47%), Copper: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.56%), Vitamin B3: 0.27mg (1.33%)