



Spinach & pepper frittata

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 large eggs
- ☐ 300 g curd cottage cheese low-fat
- ☐ 1 garlic clove finely chopped
- ☐ 15 g parmesan finely grated (or vegetarian alternative)
- ☐ 225 g spinach frozen thawed finely chopped
- ☐ 2 roasted peppers red in oil (not)
- ☐ 4 servings nutmeg generous
- ☐ 100 g cherry tomatoes whole

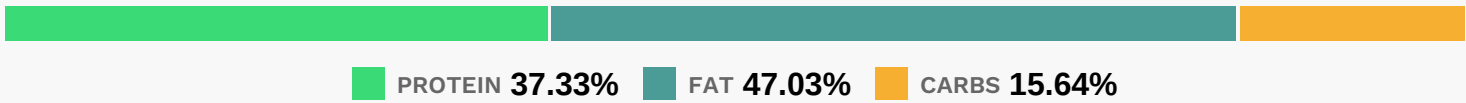
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line a 20cm sandwich tin with a single sheet of baking parchment if your tin has a loose bottom.
- ☐ Beat the eggs in a large bowl with the cottage cheese, garlic, half the Parmesan, the spinach, peppers, nutmeg and some black pepper. Tip into the tin, top with the tomatoes and sprinkle with the remaining Parmesan.
- ☐ Bake for 40 mins until set all the way through and starting to puff up.
- ☐ Cut into wedges and serve hot or cold. Will keep for 3-4 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:24.789565345515%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 213.34kcal (10.67%), Fat: 11.27g (17.34%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.83g (4.25%), Cholesterol: 247.8mg (82.6%), Sodium: 683.16mg (29.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.27%), Vitamin K: 210.21µg (200.2%), Vitamin A: 7288.22IU (145.76%), Selenium: 31µg (44.29%), Vitamin B2: 0.56mg (32.9%), Folate: 127.95µg (31.99%), Phosphorus: 312.7mg (31.27%), Manganese: 0.54mg (27.11%), Calcium: 229.59mg (22.96%), Vitamin C: 17.69mg (21.44%), Vitamin E: 2.5mg (16.64%), Magnesium: 65.47mg (16.37%), Vitamin B12: 0.92µg (15.4%), Vitamin B6: 0.31mg (15.3%), Vitamin B5: 1.49mg (14.89%), Iron: 2.63mg (14.62%), Potassium: 453.84mg (12.97%), Zinc: 1.64mg (10.96%), Copper: 0.21mg (10.73%), Fiber: 2.46g (9.84%), Vitamin D: 1.34µg (8.96%), Vitamin B1: 0.12mg (8.11%), Vitamin B3: 0.68mg (3.41%)