



Spinach-Sausage Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 10 eggs lightly beaten
- 10 oz pkt spinach frozen thawed chopped
- 2 tablespoons olive oil
- 2 oz parmesan shredded
- 2 ounces roasted peppers red cut into strips

Equipment

- frying pan
- oven

- aluminum foil
- spatula
- cutting board

Directions

- Preheat oven to 400F. In a large nonstick, ovenproof skillet, warm olive oil over medium-high heat. (If skillet isn't ovenproof, wrap handles in a double layer of foil.)
- Remove sausages from casings and crumble meat into skillet. Cook, stirring and breaking up large pieces, until there are no traces of pink, about 10 minutes.
- Squeeze as much liquid as possible from spinach.
- Pour excess fat from skillet; add spinach and red peppers. Cook, stirring well and scraping up any cooked bits on bottom of skillet.
- Pour eggs into skillet and stir to mix with spinachsausage mixture. Stop stirring and cook over medium heat, lifting edges of frittata with a spatula to let uncooked eggs flow underneath. Cook until almost set, about 3 minutes.
- Sprinkle Parmesan on top and transfer skillet to oven.
- Bake, uncovered, until frittata is puffed and lightly browned on top, 8 to 10 minutes. Lift frittata around edges of skillet and gently shake pan to loosen. Slide out of pan and onto a cutting board and cut into wedges.
- Serve hot or at room temperature.

Nutrition Facts



PROTEIN 28.85% **FAT 64.77%** **CARBS 6.38%**

Properties

Glycemic Index:4.5, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:21.515217485635%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 198.57kcal (9.93%), Fat: 14.38g (22.12%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.65g (0.73%), Cholesterol: 279.23mg (93.08%), Sodium: 419.95mg (18.26%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Vitamin K: 178.96µg (170.44%), Vitamin A: 6059.38IU (121.19%), Selenium: 27.5µg (39.29%), Vitamin B2: 0.48mg (27.95%), Folate: 105.15µg (26.29%), Phosphorus: 235.82mg (23.58%), Calcium: 217.83mg (21.78%), Vitamin E: 2.83mg (18.89%), Manganese: 0.37mg (18.51%), Iron: 2.36mg (13.09%), Vitamin B12: 0.77µg (12.77%), Magnesium: 49.43mg (12.36%), Vitamin B5: 1.22mg (12.15%), Vitamin B6: 0.23mg (11.57%), Vitamin D: 1.51µg (10.09%), Zinc: 1.49mg (9.92%), Vitamin C: 6.99mg (8.48%), Potassium: 287.22mg (8.21%), Copper: 0.14mg (6.81%), Fiber: 1.48g (5.93%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 0.37mg (1.86%)