



Spring Pea Frittata

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 large eggs
- 1 small bunch mint leaves fresh
- 0.5 cup peas fresh drained
- 6 servings pepper black freshly ground to taste
- 1 leek light sliced thin (part only)
- 2 tablespoons olive oil
- 2 ounces pecorino fresh crumbled (or ricotta or goat cheese)


Equipment

- bowl
- frying pan
- oven
- spatula

Directions

- Preheat oven to 425°F.
- Heat the oil in a large ovenproof sauté pan over medium heat.
- Add the leek and sauté until soft, then add the peas and cook for 2 to 3 minutes more.
- Meanwhile, in a medium bowl, beat the eggs with 1 tablespoon water.
- Add the eggs and half the mint to the pan, season with the salt and pepper, and cook, lifting the edges with a spatula to allow the uncooked eggs to flow to the bottom. When the frittata is partly cooked (7 to 10 minutes), sprinkle on the ricotta and transfer the pan to the oven.
- Bake until puffed, golden, and set, 8 to 10 minutes.
- Remove and allow to cool slightly.
- Garnish with the remaining mint to taste and serve.
- A frittata is easy to improvise and will taste delicious with just about any ingredient you decide to toss in. Experiment freely with everything from hard or soft cheeses to chopped onions and shallots to a handful of diced ham or cooked bacon.
- Nutrition Data

Nutrition Facts

  
 **PROTEIN 22.3%**  **FAT 65.16%**  **CARBS 12.54%**

Properties

Glycemic Index:22.56, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:8.196086930192%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.75kcal (7.44%), Fat: 10.75g (16.54%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.47g (1.64%), Cholesterol: 190.82mg (63.61%), Sodium: 82.83mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.55%), Selenium: 17.09µg (24.42%), Vitamin B2: 0.27mg (15.84%), Vitamin A: 680.63IU (13.61%), Phosphorus: 132.82mg (13.28%), Vitamin K: 13.2µg (12.57%), Folate: 42.76µg (10.69%), Vitamin E: 1.36mg (9.07%), Vitamin C: 6.83mg (8.27%), Vitamin B5: 0.82mg (8.24%), Iron: 1.47mg (8.17%), Vitamin B12: 0.48µg (7.95%), Manganese: 0.16mg (7.8%), Vitamin B6: 0.15mg (7.26%), Vitamin D: 1.02µg (6.79%), Zinc: 0.93mg (6.21%), Calcium: 61.44mg (6.14%), Vitamin B1: 0.06mg (4.19%), Fiber: 1.03g (4.14%), Copper: 0.08mg (4.03%), Potassium: 140.27mg (4.01%), Magnesium: 15.88mg (3.97%), Vitamin B3: 0.37mg (1.86%)