



Summer Squash Frittata

 Vegetarian  Gluten Free

READY IN



34 min.

SERVINGS



8

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 tablespoons butter
- 12 large eggs lightly beaten
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 1 teaspoon kosher salt
- 0.5 cup onion coarsely chopped
- 0.8 teaspoon pepper freshly ground
- 0.5 cup cream sour

- 2 cups summer squash chopped
- 2 cups zucchini chopped

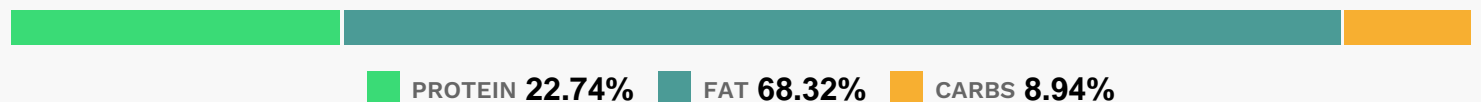
Equipment

- frying pan
- oven
- whisk

Directions

- Melt 3 Tbsp. butter in a 10-inch ovenproof skillet over medium-high heat; add chopped zucchini, squash, and onion, and saut 12 to 14 minutes or until onion is tender.
- Remove skillet from heat.
- Whisk together eggs and next 3 ingredients until well blended.
- Pour over vegetable mixture in skillet.
- Bake at 350 for 33 to 35 minutes or until edges are lightly browned and center is set.
- Sprinkle evenly with chopped fresh basil.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:11.015652298927%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 188.08kcal (9.4%), Fat: 14.36g (22.09%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.6g (2.89%), Cholesterol: 298.77mg (99.59%), Sodium: 438.96mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.51%), Selenium: 23.79µg (33.99%), Vitamin B2: 0.44mg (26.03%), Phosphorus: 187.52mg (18.75%), Vitamin A: 850.98IU (17.02%), Vitamin C: 11.58mg (14.04%),

Folate: 55.19µg (13.8%), Vitamin B5: 1.33mg (13.3%), Vitamin B6: 0.26mg (13.07%), Vitamin B12: 0.71µg (11.78%), Vitamin K: 11.64µg (11.08%), Vitamin D: 1.5µg (10%), Manganese: 0.19mg (9.37%), Iron: 1.64mg (9.12%), Potassium: 300.71mg (8.59%), Zinc: 1.24mg (8.25%), Calcium: 73.83mg (7.38%), Vitamin E: 1.05mg (7.03%), Magnesium: 23.53mg (5.88%), Copper: 0.1mg (5.09%), Vitamin B1: 0.07mg (4.41%), Fiber: 0.87g (3.48%), Vitamin B3: 0.38mg (1.9%)