



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
- ☐ 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

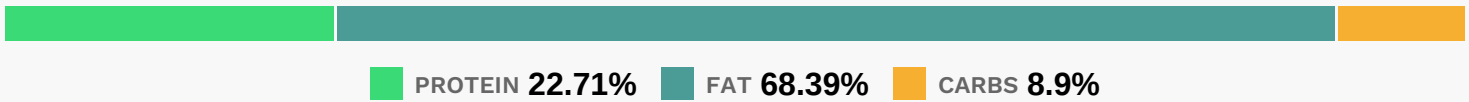
☐ oven

☐ 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:28.25, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:10.703478289687%

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: 187.85kcal (9.39%), Fat: 14.35g (22.08%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.6g (2.88%), Cholesterol: 298.77mg (99.59%), Sodium: 438.92mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Selenium: 23.79µg (33.99%), Vitamin B2: 0.44mg (25.98%), Phosphorus: 186.96mg (18.7%), Vitamin A: 798.23IU (15.96%), Vitamin C: 11.4mg (13.82%), Folate: 54.51µg (13.63%), Vitamin B5: 1.33mg (13.28%), Vitamin B6: 0.26mg (12.99%), Vitamin B12: 0.71µg (11.78%), Vitamin D: 1.5µg (10%), Iron: 1.61mg (8.95%), Manganese: 0.18mg (8.8%), Potassium: 297.76mg (8.51%), Zinc: 1.23mg (8.19%),

Calcium: 72.06mg (7.21%), Vitamin K: 7.49µg (7.13%), Vitamin E: 1.05mg (6.98%), Magnesium: 22.89mg (5.72%),
Copper: 0.1mg (4.89%), Vitamin B1: 0.07mg (4.39%), Fiber: 0.85g (3.42%), Vitamin B3: 0.37mg (1.86%)