



Summer Vegetable Frittata

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 9 large eggs
- 1 tablespoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 1.5 tablespoons olive oil
- 0.3 cup onion chopped
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt divided

- 0.5 cup tomatoes seeded chopped
- 1 cup zucchini diced

Equipment

- bowl
- frying pan
- whisk
- broiler

Directions

- Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat.
- Add zucchini, bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes or until liquid evaporates.
- Combine eggs, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium bowl; stir with a whisk until frothy.
- Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.
- Preheat broiler.
- Broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:16.359565361686%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 230.4kcal (11.52%), Fat: 16.2g (24.92%), Saturated Fat: 4.3g (26.91%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.04g (3.38%), Cholesterol: 418.5mg (139.5%), Sodium: 455.67mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.5%), Selenium: 34.9µg (49.86%), Vitamin C: 36.2mg (43.88%), Vitamin B2: 0.58mg (33.9%), Vitamin A: 1492.02IU (29.84%), Phosphorus: 252.06mg (25.21%), Vitamin B5: 1.9mg (18.98%), Folate: 75.06µg (18.77%), Vitamin B6: 0.35mg (17.6%), Vitamin B12: 1µg (16.69%), Vitamin E: 2.37mg (15.83%), Vitamin D: 2.25µg (15%), Iron: 2.62mg (14.54%), Zinc: 1.7mg (11.35%), Manganese: 0.22mg (10.88%), Potassium: 357.51mg (10.21%), Calcium: 84.78mg (8.48%), Vitamin K: 7.5µg (7.14%), Magnesium: 28.09mg (7.02%), Copper: 0.13mg (6.64%), Fiber: 1.46g (5.84%), Vitamin B1: 0.09mg (5.73%), Vitamin B3: 0.58mg (2.88%)