



Summer Vegetable Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black
- 6 large eggs
- 6 large basil fresh chopped
- 6 large basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 tablespoon olive oil
- 1 cup parmesan grated finely
- 1 oz pancetta finely chopped

- 0.3 teaspoon salt
- 12 spring onion trimmed finely chopped
- 1.5 cups swiss chard finely chopped
- 1 lb zucchini halved lengthwise (3)
- 5 zucchini

Equipment

- bowl
- frying pan
- whisk
- broiler
- spatula

Directions

- Preheat broiler.
- Whisk together eggs, basil, parsley, salt, and pepper in a bowl.
- Cook prosciutto in oil in a 12-inch ovenproof nonstick skillet over moderate heat, stirring, until edges begin to crisp, about 2 minutes.
- Add zucchini and chard and cook, covered, stirring occasionally, until vegetables are just tender, about 8 minutes.
- Add scallions and zucchini blossoms and cook, uncovered, stirring occasionally, until just wilted, 1 to 2 minutes.
- Pour egg mixture into skillet and cook, lifting up cooked egg around edge using a spatula to let as much raw egg as possible flow underneath, until edge is set, about 2 minutes (top and center will still be very loose).
- Sprinkle cheese evenly over top.
- Broil frittata about 6 inches from heat until set, slightly puffed, and golden, 2 to 2 1/2 minutes.
- Cool frittata 5 minutes, then loosen edge with a clean spatula and slide onto a large plate.
- Cut into wedges.
- *Available at many farmers markets and specialty produce markets.

Nutrition Facts

PROTEIN 27.92% FAT 54.04% CARBS 18.04%

Properties

Glycemic Index:54.17, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:23.987826140031%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 227.8kcal (11.39%), Fat: 14.11g (21.71%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 7.39g (2.69%), Sugar: 6.96g (7.73%), Cholesterol: 200.45mg (66.82%), Sodium: 508.77mg (22.12%), Alcohol: 0g (100%), Protein: 16.4g (32.8%), Vitamin K: 150.88µg (143.7%), Vitamin C: 51.01mg (61.83%), Vitamin A: 1768.31IU (35.37%), Phosphorus: 326.25mg (32.63%), Vitamin B2: 0.54mg (31.82%), Selenium: 20.76µg (29.66%), Calcium: 288.46mg (28.85%), Manganese: 0.53mg (26.66%), Vitamin B6: 0.53mg (26.39%), Folate: 100.2µg (25.05%), Potassium: 824.86mg (23.57%), Magnesium: 69.99mg (17.5%), Iron: 2.52mg (14.01%), Vitamin B5: 1.39mg (13.95%), Zinc: 2.06mg (13.76%), Fiber: 3.21g (12.85%), Vitamin B12: 0.67µg (11.14%), Vitamin B1: 0.16mg (10.99%), Copper: 0.21mg (10.56%), Vitamin E: 1.52mg (10.13%), Vitamin B3: 1.53mg (7.65%), Vitamin D: 1.1µg (7.35%)