



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 leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup parmigiano-reggiano grated finely
- ☐ 1 oz pancetta finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 12 scallions trimmed finely chopped
- ☐ 1.5 cups swiss chard leaves finely chopped
- ☐ 1 lb zucchini halved lengthwise (3)
- ☐ 5 zucchini blossoms

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 27.91%**  **FAT 54.05%**  **CARBS 18.04%**

Properties

Glycemic Index:42.5, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:23.929130367611%

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: 227.71kcal (11.39%), Fat: 14.11g (21.7%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 7.39g (2.69%), Sugar: 6.96g (7.73%), Cholesterol: 200.45mg (66.82%), Sodium: 508.75mg (22.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.78%), Vitamin K: 149.22µg (142.12%), Vitamin C: 50.94mg (61.74%), Vitamin A: 1747.21IU (34.94%), Phosphorus: 326.03mg (32.6%), Vitamin B2: 0.54mg (31.8%), Selenium: 20.76µg (29.66%), Calcium: 287.75mg (28.77%), Manganese: 0.53mg (26.43%), Vitamin B6: 0.53mg (26.36%), Folate: 99.93µg (24.98%), Potassium: 823.68mg (23.53%), Magnesium: 69.73mg (17.43%), Vitamin B5: 1.39mg (13.94%), Iron: 2.51mg (13.93%), Zinc: 2.06mg (13.74%), Fiber: 3.21g (12.83%), Vitamin B12: 0.67µg (11.14%), Vitamin B1: 0.16mg (10.98%), Copper: 0.21mg (10.48%), Vitamin E: 1.52mg (10.11%), Vitamin B3: 1.53mg (7.63%), Vitamin D: 1.1µg (7.35%)