



## Sunny Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 0.3 teaspoon pepper black
- 4 ounces seasoning cubes diced
- 2 cups egg substitute
- 0.5 cup skim milk fat-free
- 0.5 cup spring onion thinly sliced
- 1 ounce cheddar cheese shredded reduced-fat
- 0.5 cup and orange peppers diced
- 0.3 teaspoon salt

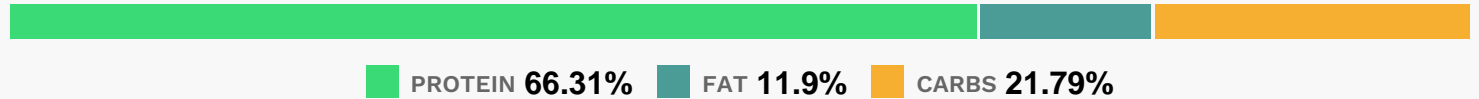
## Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil

## Directions

- Preheat oven to 37
- Combine first 4 ingredients in a small bowl, stirring well with a whisk.
- Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add ham, bell pepper, and onions; saut 2 minutes. Stir in egg mixture. Reduce heat to medium, and cook 5 minutes, stirring occasionally for first 2 minutes. Top mixture with cheese. Wrap handle of pan with foil; bake at 375 for 12 minutes or until center is set.
- Cut frittata into 4 wedges.

## Nutrition Facts



## Properties

Glycemic Index:32.31, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:16.036087170891%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 119.8kcal (5.99%), Fat: 1.62g (2.49%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.91g (2.15%), Sugar: 5.56g (6.18%), Cholesterol: 17.59mg (5.86%), Sodium: 812.4mg (35.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.53%), Selenium: 51.3µg (73.29%), Vitamin C: 26.79mg (32.47%), Vitamin B2: 0.55mg (32.06%), Vitamin K: 27.27µg (25.98%), Vitamin B5: 2.18mg (21.84%),

Vitamin A: 1055.6IU (21.11%), Calcium: 168.39mg (16.84%), Phosphorus: 163.14mg (16.31%), Iron: 2.87mg (15.92%),  
Vitamin E: 2.28mg (15.18%), Vitamin D: 2.26µg (15.09%), Vitamin B6: 0.24mg (12.14%), Vitamin B1: 0.18mg (11.94%),  
Potassium: 386.91mg (11.05%), Vitamin B12: 0.62µg (10.34%), Zinc: 1.54mg (10.27%), Folate: 37.18µg (9.3%),  
Magnesium: 27.76mg (6.94%), Manganese: 0.07mg (3.29%), Fiber: 0.75g (2.99%), Vitamin B3: 0.46mg (2.29%),  
Copper: 0.04mg (2.19%)