



Swiss Chard-and-Bean Frittata



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 7 large egg whites lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon jalapeno finely chopped
- ☐ 4 kalamata olives pitted chopped
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups torn swiss chard

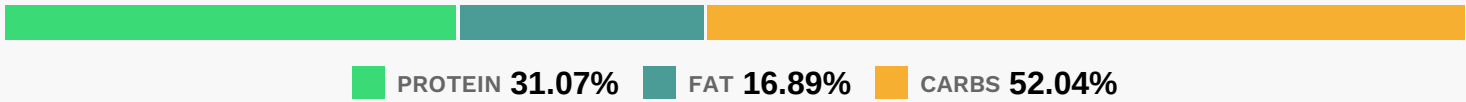
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place egg whites, eggs, salt, and black pepper in a large bowl, and stir well with a whisk. Stir in jalapeno, mint (if desired), olives, and beans.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add Swiss chard and onion; saute 3 minutes or until Swiss chard is tender.
- ☐ Pour the egg mixture into pan; reduce heat to medium-low, and cook 10 minutes or until almost set.
- ☐ Wrap handle of skillet with foil. Broil egg mixture for 4 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:7.19, Inflammation Score:-8, Nutrition Score:20.726521637129%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg

Nutrients (% of daily need)

Calories: 238.52kcal (11.93%), Fat: 4.53g (6.97%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 24.38g (8.86%), Sugar: 3.75g (4.17%), Cholesterol: 93mg (31%), Sodium: 531.02mg (23.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.5%), Vitamin K: 154.56µg (147.2%), Manganese: 0.76mg (38.05%), Selenium: 21.56µg (30.8%), Fiber: 7.02g (28.08%), Vitamin B2: 0.45mg (26.19%), Vitamin A: 1293.91IU (25.88%), Folate: 102.84µg (25.71%), Iron: 4.37mg (24.3%), Potassium: 811.99mg (23.2%), Magnesium: 88.99mg (22.25%), Phosphorus: 188.37mg (18.84%), Copper: 0.36mg (17.92%), Vitamin C: 14.29mg (17.32%), Vitamin E: 1.94mg (12.95%), Calcium: 127.08mg (12.71%), Zinc: 1.79mg (11.91%), Vitamin B6: 0.24mg (11.88%), Vitamin B1: 0.16mg (10.56%), Vitamin B5: 0.82mg (8.22%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.41mg (2.04%)