



Swiss Chard and Ham Frittata

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 oz ham diced boiled
- ☐ 12 large eggs
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 12 oz swiss chard sliced

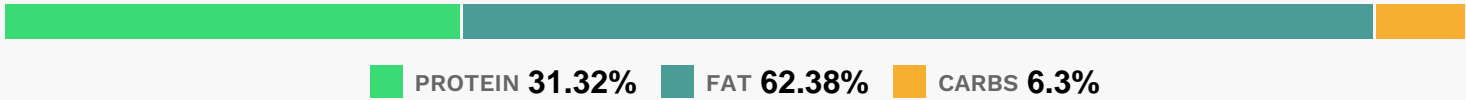
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ spatula

Directions

- ☐ Preheat oven to 400F. Warm oil in a large nonstick, ovenproof skillet over medium-high heat. Saut garlic until fragrant, about 30 seconds. Stir in chard. Cover and cook, stirring twice, until chard is tender, about 5 minutes.
- ☐ Remove cover; stir in ham.
- ☐ Place eggs in a large bowl; season with salt and pepper and whisk to blend.
- ☐ Pour eggs over chard and ham in skillet. Stir to distribute ingredients as evenly as possible before eggs begin to set.
- ☐ Cook on top of stove, lifting sides of frittata with a spatula to let uncooked eggs flow underneath, until lightly browned around edges, 3 to 5 minutes.
- ☐ Sprinkle frittata with Parmesan, transfer skillet to oven and bake, uncovered, until firm in center and slightly browned on top, about 10 minutes.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:17.318695674772%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 167.19kcal (8.36%), Fat: 11.57g (17.8%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.81g (0.9%), Cholesterol: 286.51mg (95.5%), Sodium: 553.73mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin K: 355.42µg (338.5%), Vitamin A: 3015.96IU (60.32%), Selenium: 23.8µg (34%), Vitamin B2: 0.39mg (22.71%), Phosphorus: 211.86mg (21.19%), Vitamin C: 12.99mg (15.75%), Vitamin E: 2.1mg (13.99%), Iron: 2.34mg (12.99%), Vitamin B5: 1.23mg (12.34%), Magnesium: 48.69mg (12.17%), Vitamin B12: 0.68µg (11.38%), Folate: 41.32µg (10.33%), Vitamin D: 1.51µg (10.04%), Manganese: 0.2mg (9.89%), Zinc: 1.43mg (9.51%), Vitamin B6: 0.18mg (9.01%), Potassium: 309.83mg (8.85%), Copper: 0.17mg (8.39%), Calcium: 81.66mg (8.17%), Vitamin B1: 0.05mg (3.27%), Fiber: 0.71g (2.85%), Vitamin B3: 0.24mg (1.18%)