



Swiss Chard and Sausage Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 large eggs
- ☐ 2 turkey sausages italian (8 oz. total)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red sliced
- ☐ 0.5 cup cheddar cheese shredded

☐ 1 bunch swiss chard chopped

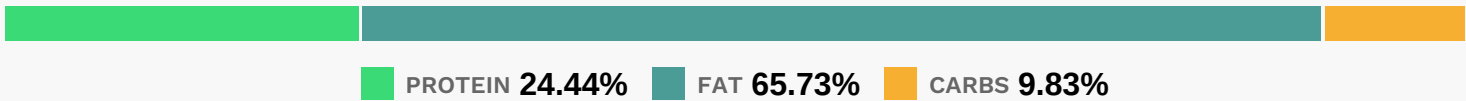
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ stove

Directions

- ☐ Preheat broiler with a rack set 4 in. from heat.
- ☐ Heat oil in a large, ovenproof frying pan over high heat. Cook sausage, stirring often, until browned, about 3 minutes.
- ☐ Add bell pepper, mushrooms, and onion and cook until vegetables are softened, about 3 minutes. Stir in Swiss chard, reduce heat to medium, and cook, stirring occasionally, until wilted, about 10 minutes.
- ☐ Meanwhile, whisk eggs in a large bowl until starting to foam. Stir in cheese and salt.
- ☐ Pour mixture into pan with vegetables; cook on stove until the bottom sets, about 3 minutes. Broil until firm and browned, 3 minutes.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:16.365217260692%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 10.81g (16.63%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.56g (1.74%), Cholesterol: 193.2mg (64.4%), Sodium: 273.2mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Vitamin K: 314.17µg (299.21%), Vitamin A: 2926.4IU (58.53%), Vitamin C: 24.11mg (29.23%), Selenium: 18.36µg (26.23%), Vitamin B2: 0.33mg (19.33%), Phosphorus: 159.54mg (15.95%), Vitamin E: 1.94mg (12.94%), Magnesium: 41mg (10.25%), Calcium: 100.32mg (10.03%), Vitamin B5: 0.99mg (9.94%), Iron: 1.7mg (9.43%), Folate: 37.46µg (9.36%), Manganese: 0.18mg (8.92%), Vitamin B12: 0.52µg (8.72%), Vitamin B6: 0.17mg (8.66%), Potassium: 270.43mg (7.73%), Zinc: 1.12mg (7.44%), Vitamin D: 1.05µg (7.03%), Copper: 0.13mg (6.52%), Fiber: 1.03g (4.11%), Vitamin B1: 0.05mg (3.45%), Vitamin B3: 0.52mg (2.6%)