



Tomato, Garlic, and Potato Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 oz cherry tomatoes halved
- ☐ 2 large egg whites
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 4 garlic clove thinly sliced
- ☐ 3 tablespoons olive oil
- ☐ 2 ounces parmesan finely grated
- ☐ 0.5 pound potato boiling peeled cut into 1/4-inch dice

- ☐ 0.8 teaspoon salt
- ☐ 6 large eggs whole

Equipment

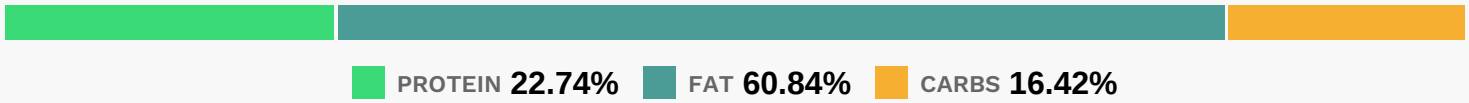
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Whisk together whole eggs, whites, 1/4 cup parmesan, basil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in large bowl.
- ☐ Preheat broiler.
- ☐ Cook garlic in 1 tablespoon oil in a 10-inch heavy skillet (preferably nonstick and ovenproof) over moderate heat, stirring, until golden, about 1 minute.
- ☐ Transfer garlic with a slotted spoon to a bowl.
- ☐ Add potatoes to skillet and sauté over moderately high heat, stirring, until just tender, about 6 minutes.
- ☐ Transfer with a slotted spoon to bowl with garlic.
- ☐ Add 1 tablespoon oil and tomatoes to skillet and cook over moderately high heat, stirring, until tomatoes brown and skins split, about 4 minutes.
- ☐ Add remaining tablespoon oil and potatoes with garlic to skillet, spreading evenly, and sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Pour egg over vegetables and cook over moderately high heat, lifting up cooked egg around edges to let uncooked egg flow underneath, 3 minutes. Reduce heat to moderate and cook, covered, 5 minutes more (center will be moist).
- ☐ Remove lid and broil frittata 5 to 7 inches from heat until set, about 5 minutes.
- ☐ Sprinkle top evenly with remaining 1/4 cup parmesan, then broil until cheese melts and frittata is golden brown, 2 to 3 minutes more.

- ☐
- Slide onto a platter and cut into 4 wedges.
- ☐
- If your skillet isn't ovenproof, wrap handle with heavy-duty foil (or a double layer of regular foil) before broiling.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:15.362173806066%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 317.12kcal (15.86%), Fat: 21.48g (33.05%), Saturated Fat: 6.16g (38.47%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 11.62g (4.23%), Sugar: 2.34g (2.6%), Cholesterol: 288.64mg (96.21%), Sodium: 812.73mg (35.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Selenium: 30.46µg (43.51%), Phosphorus: 301.95mg (30.19%), Vitamin B2: 0.49mg (29.09%), Calcium: 231.78mg (23.18%), Vitamin C: 15.87mg (19.23%), Vitamin K: 18.38µg (17.51%), Vitamin E: 2.6mg (17.3%), Vitamin A: 834.76IU (16.7%), Vitamin B6: 0.31mg (15.61%), Vitamin B5: 1.48mg (14.84%), Potassium: 515.57mg (14.73%), Vitamin B12: 0.85µg (14.21%), Folate: 54.13µg (13.53%), Iron: 2.35mg (13.03%), Manganese: 0.26mg (12.82%), Zinc: 1.66mg (11.09%), Vitamin D: 1.57µg (10.47%), Copper: 0.19mg (9.53%), Magnesium: 35.82mg (8.96%), Vitamin B1: 0.1mg (6.96%), Fiber: 1.42g (5.68%), Vitamin B3: 1.03mg (5.16%)