



## Tomato-Herb Frittata



Vegetarian



Gluten Free

READY IN



44 min.

SERVINGS



8

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 6 oz baby spinach fresh
- ☐ 10 oz canned tomatoes diced green drained canned
- ☐ 12 large eggs beaten
- ☐ 0.5 cup alouette garlic & herbs spreadable cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

## Equipment

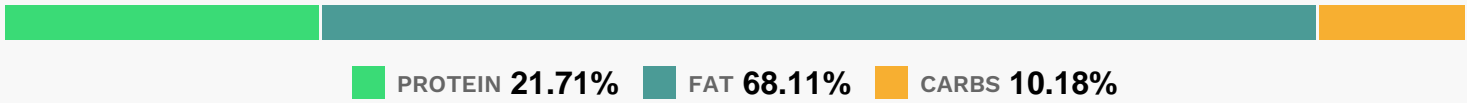
- ☐ frying pan
- ☐ oven
- ☐ spatula

## Directions

- ☐ Preheat oven to 350
- ☐ Heat oil in a 10-inch (2-inch-deep) ovenproof nonstick skillet over medium-high heat.
- ☐ Add garlic, and sauté 1 minute. Stir in spinach, and cook, stirring constantly, 1 minute or just until spinach begins to wilt.
- ☐ Add tomatoes and green chiles, salt, and pepper, and cook, stirring frequently, 2 to 3 minutes or until spinach is wilted.
- ☐ Add eggs, and sprinkle with cheese. Cook 3 to 5 minutes, gently lifting edges of frittata with a spatula and tilting pan so uncooked portion flows underneath.
- ☐ Bake at 350 for 12 to 15 minutes or until set and lightly browned.
- ☐ Remove from oven, and let stand 5 minutes. Slide frittata onto a large platter, and cut into 8 wedges.
- ☐ \*1 (32-oz.) carton egg substitute may be substituted. Increase bake time to 16 to 18 minutes or until set.
- ☐ \*\*Plain feta cheese may be substituted.
- ☐ Note: We tested with Ro-Tel Mild Diced Tomatoes and Green Chilies.
- ☐ Try These Twists!
- ☐ Tomato-Sausage Frittata: Brown 1/2 lb. ground pork sausage in a 10-inch (2-inch-deep) ovenproof nonstick skillet over medium-high heat, stirring often, 7 to 8 minutes or until meat crumbles and is no longer pink; remove from skillet, and drain. Wipe skillet clean. Proceed with recipe as directed, adding sausage with tomatoes and green chiles in Step 1. Hands-on time: 34 min.; Total time: 51 min.
- ☐ Bacon-Mushroom Frittata: Prepare recipe as directed in Step 1, sautéing 1/2 cup sliced fresh mushrooms in hot oil 2 to 3 minutes or until browned. Proceed with recipe as directed, stirring in 3 cooked and chopped bacon slices in with tomatoes. Hands-on time: 24 min.; Total time: 46 min.

Eggplant-and-Olive Frittata: Prepare recipe as directed in Step 1, sauting 1 cup peeled and chopped eggplant 5 minutes or until tender. Proceed with recipe as directed, stirring 1/2 cup sliced black olives in with tomatoes. Hands-on time: 32 min.; Total time: 49 min.

# Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:17.224782632745%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 204.27kcal (10.21%), Fat: 15.73g (24.2%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.93g (2.14%), Cholesterol: 294.35mg (98.12%), Sodium: 319.66mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Vitamin K: 107.01µg (101.92%), Vitamin A: 2475.32IU (49.51%), Selenium: 23.51µg (33.58%), Vitamin B2: 0.4mg (23.64%), Folate: 81.13µg (20.28%), Phosphorus: 170.93mg (17.09%), Manganese: 0.29mg (14.55%), Vitamin E: 2.17mg (14.45%), Iron: 2.38mg (13.23%), Vitamin B5: 1.27mg (12.65%), Vitamin B6: 0.23mg (11.35%), Vitamin C: 9.35mg (11.34%), Vitamin B12: 0.67µg (11.13%), Vitamin D: 1.5µg (10%), Potassium: 328.36mg (9.38%), Magnesium: 33.09mg (8.27%), Zinc: 1.18mg (7.87%), Calcium: 76.13mg (7.61%), Copper: 0.15mg (7.42%), Vitamin B1: 0.07mg (4.93%), Fiber: 1.16g (4.66%), Vitamin B3: 0.65mg (3.23%)