



Tomato-Herb Mini Frittatas

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 12 large eggs
- 2 tablespoons chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 pt grape tomatoes halved
- 1 cup half-and-half
- 6 oz three-cheese blend shredded italian
- 1 teaspoon oregano fresh chopped
- 0.3 teaspoon pepper freshly ground

0.5 teaspoon salt

Equipment

bowl

baking sheet

oven

blender

ramekin

baking pan

Directions

Preheat oven to 45

Process first 4 ingredients in a blender until blended. Stir together chives and next 2 ingredients in a small bowl.

Place 8 lightly greased 4-inch (6-oz.) ramekins on 2 baking sheets; layer tomatoes, 1 cup cheese, and chive mixture in ramekins.

Pour egg mixture over top, and sprinkle with remaining 1/2 cup cheese.

Bake at 450 for 7 minutes, placing 1 baking sheet on middle oven rack and other on lower oven rack. Switch baking sheets, and bake 7 to 8 more minutes or until set.

Remove top baking sheet from oven; transfer bottom sheet to middle rack, and bake 1 to 2 more minutes or until lightly browned.

Mixture will rise about 1 inch above rim of baking dish. Hands-on time: 10 min.; Total time: 30 min.

Nutrition Facts


PROTEIN 28.29% **FAT 62.75%** **CARBS 8.96%**

Properties

Glycemic Index:19, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:11.112608805947%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 227kcal (11.35%), Fat: 16.07g (24.72%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.3g (1.56%), Sugar: 3.1g (3.46%), Cholesterol: 293.84mg (97.95%), Sodium: 314.03mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Selenium: 24.01µg (34.31%), Vitamin B2: 0.42mg (24.44%), Vitamin A: 1084.14IU (21.68%), Phosphorus: 192.63mg (19.26%), Vitamin K: 16.74µg (15.95%), Vitamin B5: 1.3mg (12.97%), Calcium: 128.55mg (12.85%), Vitamin B12: 0.73µg (12.08%), Folate: 47.18µg (11.8%), Vitamin C: 9.48mg (11.49%), Vitamin D: 1.5µg (10%), Vitamin B6: 0.19mg (9.71%), Iron: 1.63mg (9.05%), Potassium: 292.61mg (8.36%), Vitamin E: 1.23mg (8.23%), Zinc: 1.2mg (8.02%), Manganese: 0.11mg (5.66%), Magnesium: 19.88mg (4.97%), Copper: 0.1mg (4.8%), Vitamin B1: 0.06mg (4.17%), Fiber: 0.87g (3.47%), Vitamin B3: 0.46mg (2.32%)