



Tomato-Sausage Frittata

 Gluten Free

READY IN



51 min.

SERVINGS



8

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 oz baby spinach fresh
- ☐ 10 oz canned tomatoes diced green drained canned
- ☐ 12 large eggs beaten
- ☐ 0.5 cup garlic-and-herb feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 0.5 pound sausage meat
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

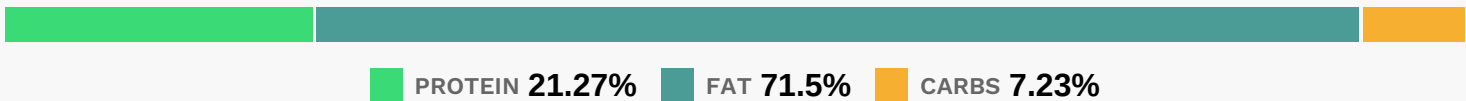
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Brown 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.
- ☐ Preheat oven to 35
- ☐ Heat oil in skillet over medium-high heat.
- ☐ Add garlic, and saut 1 minute. Stir in spinach, and cook, stirring constantly, 1 minute or just until spinach begins to wilt.
- ☐ Add sausage, 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.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:19.035652285037%

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: 290.45kcal (14.52%), Fat: 23.25g (35.77%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.93g (2.14%), Cholesterol: 314.77mg (104.92%), Sodium: 499.96mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Vitamin K: 107.13µg (102.03%), Vitamin A: 2496.58IU (49.93%), Selenium: 23.51µg (33.58%), Vitamin B2: 0.44mg (25.67%), Phosphorus: 209.2mg (20.92%), Folate: 81.41µg (20.35%), Vitamin B6: 0.31mg (15.68%), Vitamin B12: 0.91µg (15.14%), Iron: 2.7mg (14.98%), Vitamin E: 2.22mg (14.81%), Manganese: 0.29mg (14.62%), Vitamin B5: 1.46mg (14.55%), Vitamin D: 1.87µg (12.46%), Zinc: 1.8mg (11.98%), Vitamin C: 9.55mg (11.58%), Potassium: 398.66mg (11.39%), Vitamin B1: 0.15mg (10.13%), Vitamin B3: 1.98mg (9.9%), Magnesium: 37.06mg (9.26%), Copper: 0.17mg (8.36%), Calcium: 78.69mg (7.87%), Fiber: 1.16g (4.66%)