



Vegan Zucchini Frittata

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon cornstarch
- 7 ounce tofu crumbled (not silken)
- 12.3 ounce extra tofu firm drained
- 1 clove garlic
- 0.3 cup non-dairy milk
- 3 tablespoons nutritional yeast
- 1 tablespoon oregano dried fresh packed minced () (or 1 tsp.)
- 4 servings pepper black generous

- 0.8 teaspoon salt
- 4 servings salt and pepper
- 2 shallots minced
- 1 teaspoon tahini
- 0.3 teaspoon turmeric
- 10 ounces zucchini shredded

Equipment

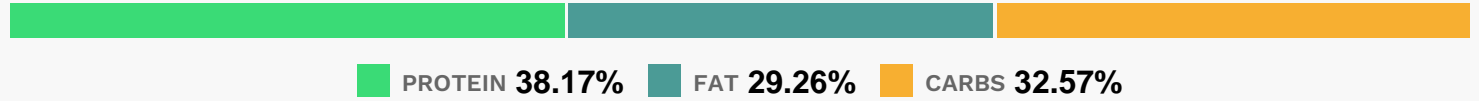
- frying pan
- baking paper
- oven
- knife
- blender
- pie form
- pot holder

Directions

- Cut a circle of parchment paper to fit an 8- or 9-inch pie pan. Spray pan with non-stick spray and place parchment in bottom. Preheat oven to 40
- Heat a non-stick pan.
- Add the shallots and cook, stirring, until they begin to soften but not brown.
- Add the crumbled tofu, black salt, and a sprinkle of salt and freshly ground pepper. Cook, stirring occasionally, until tofu begins to brown in places.
- Add oregano and zucchini and continue to cook until zucchini softens, about 5 minutes. While the zucchini cooks, blend all remaining ingredients well in a blender. When zucchini has softened, remove the pan from the heat and pour in the contents of the blender. Quickly stir well and pour into the prepared pie pan. Be sure to scrape out any tofu that becomes stuck to the pan. Smooth the top and place in the preheated oven.
- Bake for 25 to 30 minutes, or until center is set and top is not yet browned. Loosen the frittata around the edges.

- Place a serving plate on top of the pie pan, and using pot holders, carefully invert the pan so that the frittata falls onto the plate. Slowly peel off the parchment paper from the top. (Use a knife to scrape off any tofu the clings to the paper as you pull it away.)
- Serve hot, cold, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.35, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:9.0273913196895%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 158.54kcal (7.93%), Fat: 5.34g (8.22%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 9.65g (3.51%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 702.39mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.37%), Vitamin C: 15.1mg (18.3%), Iron: 3.06mg (16.99%), Calcium: 149.84mg (14.98%), Potassium: 523.45mg (14.96%), Fiber: 3.73g (14.93%), Copper: 0.27mg (13.75%), Phosphorus: 135.23mg (13.52%), Manganese: 0.26mg (13.1%), Vitamin B6: 0.23mg (11.47%), Magnesium: 44.16mg (11.04%), Vitamin K: 11.11µg (10.58%), Vitamin B1: 0.14mg (9.42%), Vitamin B2: 0.14mg (8.09%), Folate: 30.26µg (7.56%), Zinc: 0.94mg (6.3%), Vitamin B3: 1.18mg (5.88%), Vitamin E: 0.7mg (4.64%), Vitamin A: 222.93IU (4.46%), Vitamin B12: 0.16µg (2.65%), Vitamin B5: 0.2mg (1.98%), Selenium: 1.29µg (1.85%), Vitamin D: 0.18µg (1.18%)