



Vegetable and Feta Baked Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 asparagus cut into 1-inch pieces
- ☐ 8 crimini mushrooms thinly sliced
- ☐ 4 egg whites lightly beaten
- ☐ 1 ounce feta crumbled reduced-fat
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup peas
- ☐ 1 spring onion thinly sliced

- ☐ 0.3 cup shallots thinly sliced
- ☐ 4 slices at least of turkey bacon

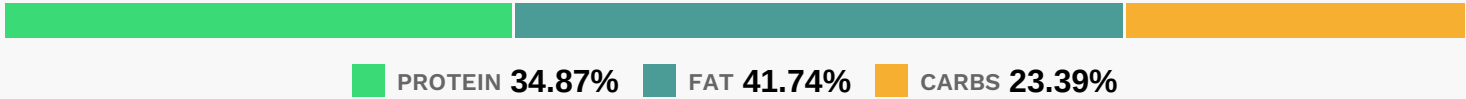
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ In a medium oven-safe frying pan, heat oil overmedium heat. Cook mushrooms and shallots untilbrowned, 5 to 7 minutes.
- ☐ Season with salt and black pepper.
- ☐ Mix in asparagus,scallion, peas and dill.
- ☐ Pour egg whites on top of mixture; sprinkle oncheese; shake pan to incorporate.
- ☐ Bake until eggwhites are set, 15 to 20 minutes.
- ☐ Serve immediately with turkey bacon on the side.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:76.67, Glycemic Load:2.18, Inflammation Score:-6, Nutrition Score:18.132608538089%

Flavonoids

Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 248.2kcal (12.41%), Fat: 11.92g (18.34%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 11.74g (4.27%), Sugar: 6.4g (7.12%), Cholesterol: 35.03mg (11.68%), Sodium: 876.98mg (38.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.82%), Selenium: 41.48µg (59.25%), Vitamin B2: 0.8mg

(47.23%), Vitamin K: 33.66µg (32.05%), Phosphorus: 290.11mg (29.01%), Copper: 0.58mg (28.97%), Vitamin B3: 4.88mg (24.38%), Potassium: 792.5mg (22.64%), Vitamin B6: 0.35mg (17.32%), Manganese: 0.34mg (17.18%), Folate: 67.54µg (16.88%), Vitamin C: 12.71mg (15.4%), Zinc: 2.29mg (15.25%), Vitamin B5: 1.51mg (15.12%), Vitamin B1: 0.21mg (14.02%), Iron: 2.38mg (13.21%), Fiber: 3.29g (13.17%), Magnesium: 39.9mg (9.98%), Vitamin A: 457.02IU (9.14%), Vitamin E: 1.01mg (6.76%), Calcium: 49.03mg (4.9%), Vitamin B12: 0.23µg (3.91%), Vitamin D: 0.19µg (1.28%)