

Vegetable Frittata

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



481 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 large eggs
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 16 ounce vegetables mixed frozen thawed broccoli, cauliflower and carrots
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 cup gouda cheese smoked shredded
- ☐ 0.8 cup curd cottage cheese 2% reduced-fat
- ☐ 4 slices multigrain bread
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 medium onion chopped
- ☐ 1 scant teaspoon paprika
- ☐ 2 tablespoons parmesan cheese grated

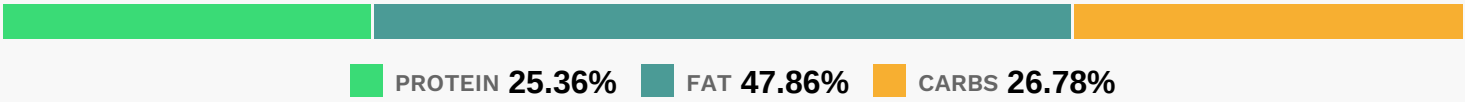
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Position a rack in the upper third of the oven and preheat to 450 degrees F.
- ☐ Whisk the whole eggs and whites in a bowl.
- ☐ Add the cottage cheese and whisk until almost smooth.
- ☐ Whisk in the gouda and rosemary.
- ☐ Cook the garlic in the olive oil in a 10-inch nonstick ovenproof skillet over medium-high heat until it starts to brown, 1 to 2 minutes.
- ☐ Add the onion, season with salt and cook 2 minutes.
- ☐ Add the vegetables, increase the heat to high and cook until just tender, about 5 minutes.
- ☐ Reduce the heat to medium.
- ☐ Spread the egg mixture evenly in the pan. Cook, undisturbed, until a thin crust forms on the bottom, about 2 minutes. Run a rubber spatula around the edge to release the egg from the pan. Continue cooking until the bottom is golden, 2 to 3 more minutes.
- ☐ Sprinkle with the parmesan and paprika; transfer to the oven and bake until just set, 5 to 7 minutes.
- ☐ Remove from the oven, cover and let sit, 5 to 7 minutes.
- ☐ Cut into wedges and serve with the bread.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:13.01, Inflammation Score:-10, Nutrition Score:27.030869597974%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 481.16kcal (24.06%), Fat: 26.07g (40.1%), Saturated Fat: 12.37g (77.33%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 25.94g (9.43%), Sugar: 5.15g (5.72%), Cholesterol: 71.3mg (23.77%), Sodium: 1019.2mg (44.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.15%), Vitamin A: 7063.6IU (141.27%), Vitamin C: 50.58mg (61.31%), Calcium: 544.06mg (54.41%), Phosphorus: 536.75mg (53.67%), Manganese: 0.96mg (47.93%), Selenium: 26.24µg (37.49%), Vitamin B2: 0.56mg (32.67%), Fiber: 6.89g (27.57%), Zinc: 3.69mg (24.58%), Vitamin B12: 1.23µg (20.56%), Vitamin B1: 0.3mg (19.78%), Folate: 77.07µg (19.27%), Magnesium: 75.8mg (18.95%), Vitamin B6: 0.36mg (18.16%), Vitamin B3: 3.09mg (15.43%), Potassium: 535.41mg (15.3%), Iron: 2.23mg (12.41%), Vitamin E: 1.79mg (11.93%), Copper: 0.22mg (11.03%), Vitamin K: 9.34µg (8.89%), Vitamin B5: 0.83mg (8.32%), Vitamin D: 0.31µg (2.05%)