



Vegetable Frittata



Vegetarian



Gluten Free

READY IN



41 min.

SERVINGS



11

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 cups baby spinach packed
- ☐ 8 large eggs
- ☐ 4 ounces feta
- ☐ 0.3 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium bell pepper red seeded thinly sliced
- ☐ 0.5 teaspoon salt

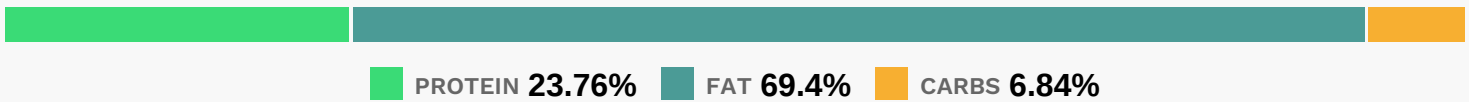
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 350F with rack in center position. In a large bowl, beat eggs with milk, salt and pepper.
- ☐ Warm oil in a 10-inch ovenproof skillet over medium heat.
- ☐ Add red pepper and onion and saut until softened, about 7 minutes. Stir in spinach and saut until wilted, about 2 minutes. Distribute vegetables evenly in skillet and pour in egg mixture. Crumble feta on top. Cook without stirring until eggs are just beginning to set around the edges, 2 to 3 minutes.
- ☐ Place skillet in oven.
- ☐ Bake frittata until almost set in center, about 15 minutes. Turn broiler on high; broil frittata until top is golden brown, about 2 minutes, watching carefully to prevent over-browning.
- ☐ Remove from oven.
- ☐ Let frittata rest for 5minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:8.6365216918614%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 110.44kcal (5.52%), Fat: 8.51g (13.1%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.97g (1.08%), Cholesterol: 145.33mg (48.44%), Sodium: 282.47mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin K: 28.8µg (27.43%), Vitamin A: 1102.28IU (22.05%), Vitamin C: 15.38mg (18.64%), Selenium: 12.92µg (18.45%), Vitamin B2: 0.28mg (16.65%), Phosphorus: 119.77mg (11.98%), Folate: 35.96µg (8.99%), Vitamin B12: 0.54µg (8.96%), Calcium: 86.73mg (8.67%), Vitamin B6: 0.15mg (7.61%), Vitamin B5: 0.72mg (7.23%), Vitamin E: 1.05mg (7.02%), Zinc: 0.85mg (5.69%), Vitamin D: 0.85µg (5.67%), Iron: 0.92mg (5.1%), Manganese: 0.08mg (4.02%), Potassium: 121.58mg (3.47%), Magnesium: 12.9mg (3.22%), Vitamin B1: 0.04mg (2.98%), Copper: 0.04mg (1.96%), Fiber: 0.36g (1.43%), Vitamin B3: 0.28mg (1.42%)