



Vegetable Frittata Squares

 Gluten Free

READY IN



85 min.

SERVINGS



35

CALORIES



51 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 6 large eggs beaten
- ☐ 3 tablespoons chives fresh snipped
- ☐ 1 cup corn frozen
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 cup mushrooms chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 onion finely chopped

- ☐ 1 cup parmesan grated
- ☐ 1 cup peas frozen
- ☐ 1 medium bell pepper red seeded cut into 1/2-inch dice
- ☐ 35 servings salt and pepper
- ☐ 10 oz spinach frozen dry chopped
- ☐ 1 medium to 3 sized squashes yellow cut into 1/2-inch dice
- ☐ 1 medium zucchini cut into 1/2-inch dice

Equipment

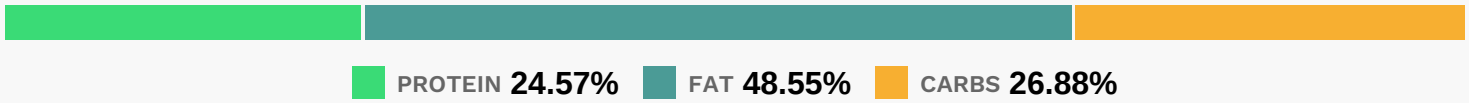
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Bring a pot of water to a boil. Cook broccoli for 3 minutes; drain. Rinse in cold water; drain.
- ☐ Preheat oven to 350F. Line a 9-by-13-inch baking dish with foil, leaving a 2-inch overhang on each short side. Mist with cooking spray.
- ☐ Warm oil in a skillet over medium heat.
- ☐ Add onion, mushrooms, zucchini, squash and bell pepper.
- ☐ Add 1 tsp. salt and 1/2 tsp. pepper. Saut for 7 minutes.
- ☐ Add spinach, peas, corn and broccoli; saut for 3 minutes. Season with salt and pepper. (
- ☐ Mixture can be made up to 1 day ahead. Cover; chill.)
- ☐ Whisk eggs, sour cream, chives and Parmesan. Stir in vegetables.
- ☐ Pour into dish; bake until a toothpick inserted in center comes out clean, about 30 minutes.

- ☐ Let rest on a rack for 20 minutes. Using foil, move frittata to a cutting board. Peel off foil; cut frittata.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:6.4652174503907%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 50.88kcal (2.54%), Fat: 2.86g (4.4%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.99g (1.1%), Cholesterol: 34.98mg (11.66%), Sodium: 262.74mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 35.52µg (33.83%), Vitamin A: 1217.36IU (24.35%), Vitamin C: 11.54mg (13.98%), Folate: 28.42µg (7.1%), Vitamin B2: 0.11mg (6.57%), Selenium: 4.34µg (6.2%), Phosphorus: 61.95mg (6.2%), Manganese: 0.12mg (6.01%), Calcium: 59.3mg (5.93%), Vitamin B6: 0.09mg (4.5%), Magnesium: 15.15mg (3.79%), Fiber: 0.95g (3.79%), Potassium: 132.21mg (3.78%), Vitamin E: 0.55mg (3.67%), Iron: 0.53mg (2.92%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.26mg (2.62%), Copper: 0.05mg (2.36%), Vitamin B3: 0.43mg (2.15%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.2µg (1.32%)