



Veggie Frittata

 Gluten Free

READY IN



48 min.

SERVINGS



8

CALORIES



95 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 oz baby spinach fresh
- ☐ 6 egg whites
- ☐ 4 large eggs
- ☐ 2 tablespoons skim milk fat-free
- ☐ 8 oz mushrooms fresh sliced
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 0.5 teaspoon pepper
- ☐ 8 servings pepper fresh black chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 medium size onion yellow chopped

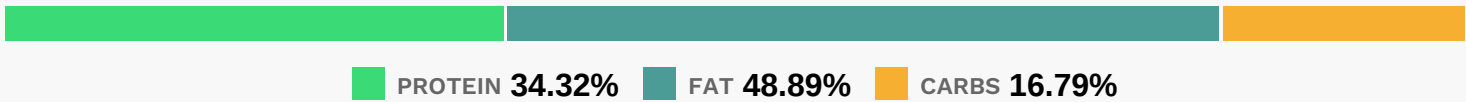
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Saut onion and mushrooms in hot oil in an ovenproof nonstick 10-inch skillet over medium-high heat 10 minutes or until tender. Stir in spinach, and saut 3 minutes or until water evaporates and spinach wilts.
- ☐ Remove from heat, and set aside.
- ☐ Whisk together 4 large eggs, 6 egg whites, Cheddar cheese, and next 5 ingredients.
- ☐ Pour egg mixture into skillet with onion mixture, stirring to combine.
- ☐ Bake at 350 for 12 to 15 minutes or just until set.
- ☐ Let stand 3 minutes.
- ☐ Cut into wedges.
- ☐ Garnish, if desired.
- ☐ *1 (10-oz.) package chopped frozen spinach, thawed and well drained, may be substituted for fresh spinach.

Nutrition Facts



Properties

Glycemic Index:32.28, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:14.239130517711%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 94.87kcal (4.74%), Fat: 5.27g (8.1%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.7g (1.89%), Cholesterol: 95.83mg (31.94%), Sodium: 220.6mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.64%), Vitamin K: 104.3µg (99.33%), Vitamin A: 2165IU (43.3%), Selenium: 16.27µg (23.25%), Vitamin B2: 0.39mg (22.77%), Folate: 61.68µg (15.42%), Manganese: 0.26mg (13.24%), Phosphorus: 115.98mg (11.6%), Vitamin C: 7.59mg (9.2%), Vitamin B5: 0.91mg (9.08%), Potassium: 315.3mg (9.01%), Copper: 0.15mg (7.57%), Calcium: 74.39mg (7.44%), Magnesium: 28.24mg (7.06%), Iron: 1.25mg (6.95%), Vitamin B6: 0.14mg (6.83%), Vitamin E: 0.97mg (6.47%), Vitamin B3: 1.25mg (6.23%), Vitamin B12: 0.32µg (5.3%), Zinc: 0.77mg (5.13%), Fiber: 1.05g (4.22%), Vitamin D: 0.61µg (4.09%), Vitamin B1: 0.06mg (4.01%)