



HEALTH SCORE

100%

Veggie Sausage-Cheddar Frittata



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup egg substitute
- ☐ 0.3 cup skim milk fat-free
- ☐ 1 bell pepper green chopped
- ☐ 8 ounce mushrooms
- ☐ 0.1 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 5.2 ounce meatless patties frozen thawed crumbled

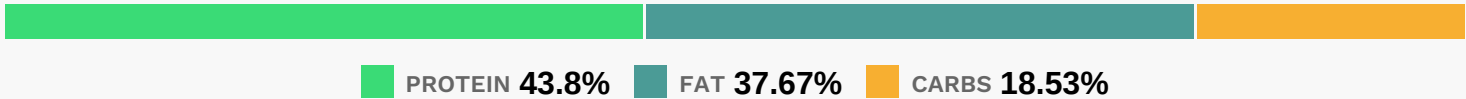
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place a 12-inch ovenproof nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chopped bell pepper and mushrooms; saut 3 minutes.
- ☐ Add sausage, salt, and pepper; reduce heat to medium-low, and cook 1 minute.
- ☐ Combine egg substitute and half-and-half; carefully pour over sausage mixture. Cover and cook 6 minutes. (Frittata will be slightly moist on top.)
- ☐ Sprinkle with cheese.
- ☐ Broil 1 to 2 minutes or until cheese melts.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:29.796086891838%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 191.51kcal (9.58%), Fat: 8.18g (12.58%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.56g (5.06%), Cholesterol: 14.91mg (4.97%), Sodium: 555.43mg (24.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.79%), Vitamin B1: 116.53mg (7768.65%), Vitamin B6: 14.77mg (738.55%), Vitamin B12: 34.4µg (573.34%), Vitamin B2: 6.38mg (375.57%), Iron: 9.36mg (52%), Selenium:

34.5µg (49.28%), Vitamin C: 25.51mg (30.92%), Vitamin B5: 2mg (20.01%), Phosphorus: 185.2mg (18.52%), Calcium: 163.17mg (16.32%), Potassium: 518.69mg (14.82%), Vitamin B3: 2.3mg (11.5%), Copper: 0.22mg (11.05%), Zinc: 1.56mg (10.41%), Fiber: 2.06g (8.23%), Vitamin A: 393.79IU (7.88%), Vitamin E: 1.18mg (7.88%), Vitamin D: 1.16µg (7.72%), Folate: 25.79µg (6.45%), Magnesium: 23.37mg (5.84%), Manganese: 0.08mg (3.82%), Vitamin K: 2.79µg (2.66%)