



Wild Mushroom Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 servings coarse salt and pepper
- 12 crimini mushrooms sliced
- 12 eggs beaten
- 0.5 tablespoons thyme leaves fresh chopped
- 1 Dash half-and-half
- 2 teaspoons hot sauce (recommended: Tabasco)
- 1 lemon zest
- 2 tablespoons olive oil extra-virgin

- 1 cup oyster mushrooms chopped
- 0.5 cup parmesan
- 2 scallions sliced
- 1 cup mushroom caps chopped

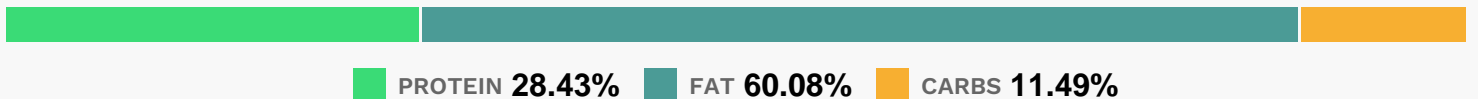
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 400 degrees F.
- Heat a 10-inch nonstick skillet, with oven safe handle over medium to medium-high heat. Wrapping a rubber handle in foil will allow the pan to transfer to oven as well.
- To hot pan, add oil and mushrooms. Season mushrooms with thyme, salt and pepper. Cook 3 to 5 minutes until all of the veggies are tender. Beat eggs with salt and pepper, dash of half-and-half, lemon zest, scallions and hot sauce.
- Pour over the mushrooms. Lift and settle eggs in the pan as they brown on the bottom. When the eggs are set but remain uncooked on top, transfer to oven for 7 or 8 minutes, until frittata is golden brown and puffy.
- Sprinkle the frittata with cheese and return to the oven for 1 or 2 minutes.
- Serve frittata from the hot pan and cut into 6 wedges at the table.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:17.226086968961%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 228.8kcal (11.44%), Fat: 15.52g (23.87%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.29g (2.55%), Cholesterol: 333.08mg (111.03%), Sodium: 496.81mg (21.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.04%), Selenium: 41.85µg (59.78%), Vitamin B2: 0.77mg (45.04%), Phosphorus: 341.98mg (34.2%), Vitamin B5: 2.75mg (27.48%), Vitamin B3: 3.82mg (19.09%), Copper: 0.36mg (18.13%), Vitamin B6: 0.34mg (16.78%), Calcium: 163.36mg (16.34%), Folate: 65.32µg (16.33%), Zinc: 2.33mg (15.56%), Vitamin B12: 0.92µg (15.39%), Potassium: 501.43mg (14.33%), Vitamin D: 2.09µg (13.95%), Iron: 2.32mg (12.87%), Vitamin A: 618.01IU (12.36%), Vitamin K: 11.53µg (10.98%), Vitamin E: 1.64mg (10.97%), Manganese: 0.2mg (10.18%), Magnesium: 29.91mg (7.48%), Fiber: 1.81g (7.23%), Vitamin B1: 0.1mg (6.91%), Vitamin C: 3.97mg (4.82%)