



WHATSheATE



## Wild Mushroom Frittata with Cheddar, Green Onions, and Peas



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 6 large eggs
- ☐ 1 tsp thyme leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 4 green onions thinly sliced
- ☐ 2 tbsp milk
- ☐ 10 oz mushrooms wild mixed such as cremini, shiitake, and oyster, brushed clean and sliced (see "It's that easy")

- ☐ 3 new potatoes scrubbed cut into 1/4-in/6-mm dice
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 cup peas frozen thawed
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2 tbsp butter unsalted

## Equipment

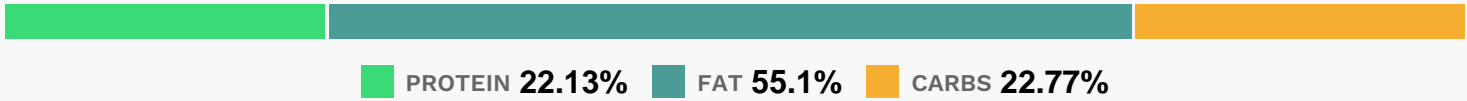
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ broiler

## Directions

- ☐ Preheat the broiler with the rack in the second position from the top.
- ☐ In a medium bowl, whisk together the eggs, milk, 1/2 tsp salt, a few grinds of pepper, the nutmeg, and cayenne.
- ☐ In a 12-in/30.5-cm ovenproof skillet over medium-high heat, melt the butter. When the butter is melted and hot, add the potatoes and a sprinkle of salt and pepper. Cook the potatoes, stirring every now and then, until they begin to soften, about 3 minutes.
- ☐ Add the green onions, mushrooms, garlic, thyme, and another sprinkle of salt and pepper and continue to cook and stir until the mushrooms have given off their liquid and are dry, about 4 minutes.
- ☐ Add the peas and cook until all of the veggies are tender and the peas are warmed through, another minute or two. Taste and adjust the seasoning.
- ☐ Spread the filling evenly over the bottom of the pan and sprinkle the cheese over the top.
- ☐ Pour the eggs evenly over the vegetables in the pan and reduce the heat to low. Cover the pan and cook for 2 minutes, then remove the lid and transfer the pan to the broiler. Broil the frittata until the top is lightly browned and the eggs have firmed up in the center, about 4

- minutes. To test, press the center of the frittata lightly with your finger. If it feels firm, it's done.
- ☐ Remove the frittata from the oven and let it rest for 3 minutes on a wire rack on the countertop to continue to firm up before cutting it into wedges. It will be puffy when it comes out of the oven but will deflate and become firmer as it cools.
  - ☐ Serve the frittata hot or at room temperature.
  - ☐ It's that easy: This makes an über-savory dinner for two... especially if you use wild mushrooms, which are more flavorful. No need to break the bank on chanterelles here; just use whatever looks good at the grocery. I avoid the mushrooms packaged in plastic, as they have a tendency to become slimy. Buy them from the open bins where you can pick and choose the best ones.Extra hungry? How about a mug of that old standby Campbell's Tomato Soup? Umm, umm good.In the glass: The earthy nature of the mushrooms will make a Beaujolais a nice partner to this dish. The easiest-to-find Beaujolais seems to come from Duboeuf and Jadot. Lucky for us, they are tasty bottles for the price.
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## Nutrition Facts



### Properties

Glycemic Index:214.04, Glycemic Load:14.91, Inflammation Score:-9, Nutrition Score:38.565217266912%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

### Nutrients (% of daily need)

Calories: 587.16kcal (29.36%), Fat: 36.56g (56.24%), Saturated Fat: 17.6g (110.03%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 25.68g (9.34%), Sugar: 7.46g (8.29%), Cholesterol: 616.78mg (205.59%), Sodium: 423.92mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.08%), Selenium: 63.55µg (90.78%), Vitamin B2: 1.22mg (71.82%), Phosphorus: 688.55mg (68.85%), Vitamin K: 62.62µg (59.64%), Vitamin B6: 1.04mg (51.81%), Vitamin B5: 4.87mg (48.74%), Vitamin C: 36.72mg (44.51%), Vitamin A: 2007.2IU (40.14%),

Manganese: 0.75mg (37.36%), Vitamin B3: 7.43mg (37.14%), Folate: 148.32µg (37.08%), Zinc: 5.27mg (35.14%), Potassium: 1183.94mg (33.83%), Calcium: 332.61mg (33.26%), Fiber: 8.31g (33.25%), Vitamin B12: 1.66µg (27.64%), Iron: 4.92mg (27.34%), Vitamin D: 3.95µg (26.33%), Copper: 0.51mg (25.55%), Magnesium: 92.67mg (23.17%), Vitamin B1: 0.27mg (18.15%), Vitamin E: 2.32mg (15.47%)