



## Wild Mushroom Frittata with Fresh Mint

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 6 large eggs
- 4 teaspoons mint leaves fresh minced
- 1 pound mushrooms wild fresh assorted thinly sliced
- 1 garlic clove minced
- 2 tablespoons olive oil
- 0.8 ounce parmesan cheese freshly grated
- 0.5 teaspoon salt

### Equipment

- bowl
- frying pan
- oven
- whisk
- broiler
- spatula

## Directions

- Position oven rack 8 inches from broiler heat source; preheat broiler.
- Heat oil in 10-inch-diameter nonstick ovenproof skillet over medium-high heat.
- Add mushrooms and sauté just until golden, about 4 minutes. Reduce heat to medium. Stir in garlic. Cook until mushrooms are tender, about 6 minutes longer.
- Whisk eggs, grated Parmesan, fresh mint and 1/2 teaspoon salt in medium bowl to blend.
- Pour egg mixture evenly over mushrooms in skillet. Cook mixture until sides and bottom are set but center is still loose, running rubber spatula around sides of skillet occasionally but not allowing uncooked mixture to run under cooked eggs, about 3 minutes. Broil until mixture is just set on top and cooked through, about 2 minutes. Cool 2 minutes. Run spatula around sides of skillet to loosen frittata.
- Place plate atop skillet. Invert frittata onto plate. Cool frittata to room temperature. (Can be prepared 2 hours ahead. Cover frittata and store at room temperature.)
- Cut frittata into wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:10.049565180488%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 145.1kcal (7.25%), Fat: 10.67g (16.42%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.69g (1.88%), Cholesterol: 189.08mg (63.03%), Sodium: 330.78mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Selenium: 23.69µg (33.85%), Vitamin B2: 0.55mg (32.08%), Vitamin B5: 1.91mg (19.13%), Phosphorus: 187.3mg (18.73%), Copper: 0.28mg (13.98%), Vitamin B3: 2.77mg (13.87%), Folate: 36.66µg (9.16%), Potassium: 318.4mg (9.1%), Vitamin B12: 0.52µg (8.72%), Vitamin B6: 0.17mg (8.64%), Vitamin E: 1.22mg (8.15%), Zinc: 1.2mg (7.99%), Vitamin D: 1.17µg (7.79%), Iron: 1.31mg (7.27%), Calcium: 62.83mg (6.28%), Vitamin A: 303.53IU (6.07%), Vitamin B1: 0.08mg (5.55%), Magnesium: 14.23mg (3.56%), Manganese: 0.06mg (3.11%), Fiber: 0.77g (3.09%), Vitamin K: 3.03µg (2.88%), Vitamin C: 1.76mg (2.14%)