



Zesty Spaghetti Frittata

READY IN



55 min.

SERVINGS



4

CALORIES



467 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 cups pasta like spaghetti cooked
- 6 eggs
- 4 green onions chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup milk
- 1 cup peas frozen thawed
- 1 cup mozzarella cheese shredded kraft
- 1 large tomatoes cut into thin slices

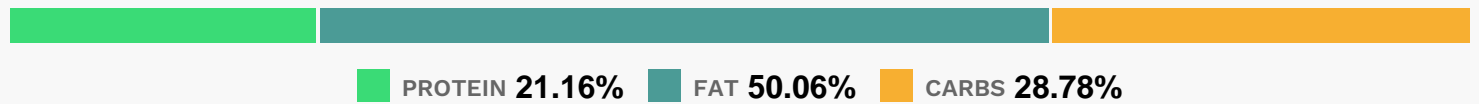
Equipment

oven

Directions

- Heat oven to 350F.
- Toss spaghetti and peas with dressing in 9-inch pie plate.
- Beat eggs and milk until well blended; pour over spaghetti mixture.
- Sprinkle with onions, bacon and cheese; top with tomatoes.
- Bake 40 to 45 min. or until center is set and top is golden brown.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:12.35, Inflammation Score:-8, Nutrition Score:21.627826027248%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 466.51kcal (23.33%), Fat: 25.76g (39.64%), Saturated Fat: 9.56g (59.72%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 29.15g (10.6%), Sugar: 6.78g (7.53%), Cholesterol: 283.99mg (94.66%), Sodium: 573.27mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.01%), Selenium: 49.23µg (70.33%), Vitamin K: 46.54µg (44.32%), Phosphorus: 374.2mg (37.42%), Vitamin B2: 0.5mg (29.4%), Vitamin C: 23.05mg (27.94%), Vitamin A: 1359.78IU (27.2%), Manganese: 0.48mg (23.98%), Vitamin B12: 1.42µg (23.64%), Calcium: 227.28mg (22.73%), Zinc: 2.93mg (19.55%), Folate: 75.95µg (18.99%), Iron: 3.14mg (17.42%), Vitamin B6: 0.34mg (16.95%), Fiber: 4.18g (16.74%), Vitamin B1: 0.24mg (16.06%), Vitamin B5: 1.4mg (13.96%), Potassium: 451.34mg (12.9%), Magnesium: 50.69mg (12.67%), Vitamin B3: 2.37mg (11.85%), Copper: 0.23mg (11.67%), Vitamin D: 1.69µg (11.25%), Vitamin E: 1.57mg (10.47%)