



Zucchini and Goat Cheese Frittata

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 tablespoons butter
- 10 eggs with 2 tablespoons water (can be done with hand mixer or in blender) well beaten
- 4 ounces goat cheese
- 6 servings kosher salt and freshly cracked pepper black
- 0.5 small purple onion thinly sliced
- 1 small zucchini

Equipment



- frying pan

oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Slice the zucchini lengthwise in half and cut each half into very thin half moon shapes. Melt the butter in a large (preferably nonstick) skillet over medium-high heat.
- Saute the onion and then add the zucchini. Season with salt and pepper, to taste, and cook just until slightly tender, about 3 to 4 minutes.
- Spread the onion and zucchini evenly over the bottom of the pan and top with the beaten eggs. Season with salt and pepper, to taste, and allow it to cook until just starting to set at edges. Crumble the goat cheese evenly over the top, and put it in the oven until golden on top, about 3 to 5 minutes. Slightly cool the frittata in the pan before slicing.
- Serve it from the pan or invert it onto a plate, then slice and serve.

Nutrition Facts

 PROTEIN 14.3%  FAT 80.31%  CARBS 5.39%

Properties

Glycemic Index:15.33, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:2.8686956374542%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 107.1kcal (5.35%), Fat: 9.73g (14.97%), Saturated Fat: 6.37g (39.83%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.12g (0.41%), Sugar: 1.05g (1.17%), Cholesterol: 23.74mg (7.91%), Sodium: 311.96mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin A: 409.68IU (8.19%), Copper: 0.16mg (7.89%), Phosphorus: 60.19mg (6.02%), Vitamin B2: 0.1mg (5.6%), Vitamin C: 4.2mg (5.09%), Vitamin B6: 0.09mg (4.53%), Calcium: 34.51mg (3.45%), Manganese: 0.07mg (3.3%), Iron: 0.45mg (2.52%), Folate: 8.94µg (2.23%), Potassium: 71.35mg (2.04%), Magnesium: 7.96mg (1.99%), Vitamin B5: 0.19mg (1.88%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.26mg (1.75%), Vitamin K: 1.71µg (1.63%), Vitamin E: 0.22mg (1.48%), Fiber: 0.35g (1.41%)