



Zucchini-and-Potato Frittata

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black
- 8 eggs
- 2 tablespoons mint leaves fresh minced
- 2 cloves garlic chopped
- 2 teaspoons kosher salt
- 2 onion red thinly sliced
- 2 tablespoons butter unsalted

- 10 oz potato peeled cut into 1/2-inch pieces (2 cups)
- 5 oz zucchini cut into 2-by-1/4-inch strips (2 cups)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- colander

Directions

- Preheat oven to 350F. In a medium saucepan, combine potatoes, 1 tsp. salt and cold water to cover. Bring to a boil and cook until potatoes are tender when pierced with a fork, about 10 minutes.
- Drain potatoes well in a colander.
- In a 10-inch, ovenproof, nonstick skillet, melt butter over medium heat.
- Add red onions and cook until soft, about 8 minutes.
- Add garlic and cook for 2 minutes longer.
- Add potato, zucchini, mint, remaining 1 tsp. salt and pepper and cook until zucchini is softened, about 5 minutes.
- In a medium bowl, beat eggs and vinegar with a fork.
- Pour egg mixture over vegetables in skillet and stir to blend. Cook undisturbed over medium heat until side begins to set but center is still wet and bubbling, about 3 minutes.
- Place skillet in oven and cook until eggs are set, rotating pan once for even cooking, about 10 minutes. To serve, loosen frittata from skillet and cut into wedges from pan.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 20.96% FAT 49.26% CARBS 29.78%

Properties

Glycemic Index:19.25, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:7.4508695913398%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 130.08kcal (6.5%), Fat: 7.17g (11.04%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.38g (3.05%), Sugar: 2.43g (2.7%), Cholesterol: 171.21mg (57.07%), Sodium: 653.95mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Selenium: 14µg (20.01%), Vitamin B2: 0.24mg (14.21%), Phosphorus: 126.68mg (12.67%), Vitamin C: 8.89mg (10.77%), Vitamin B6: 0.21mg (10.41%), Folate: 38.1µg (9.52%), Potassium: 321.66mg (9.19%), Vitamin B5: 0.86mg (8.57%), Manganese: 0.17mg (8.38%), Vitamin A: 417.04IU (8.34%), Iron: 1.25mg (6.94%), Vitamin B12: 0.4µg (6.63%), Vitamin D: 0.93µg (6.22%), Fiber: 1.38g (5.51%), Zinc: 0.82mg (5.45%), Copper: 0.11mg (5.39%), Magnesium: 20.54mg (5.14%), Vitamin B1: 0.07mg (4.65%), Calcium: 43.55mg (4.36%), Vitamin E: 0.57mg (3.83%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.39µg (2.28%)