



Zucchini and Rosemary Frittata with Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 egg whites
- ☐ 4 large eggs
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmigiano reggiano grated
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.3 teaspoon salt divided
- ☐ 2 cups zucchini halved lengthwise thinly sliced

- ☐ 0.5 teaspoon roasemar fresh chopped
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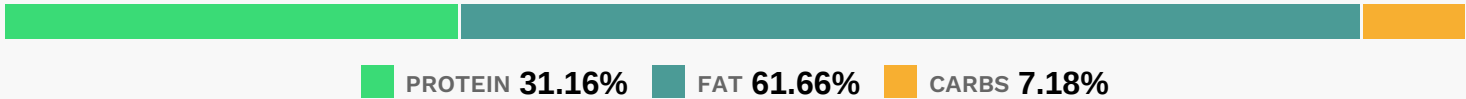
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven to broil.
- ☐ Heat oil in a skillet over medium-high heat; add garlic, cook for 1 minute. Do not allow garlic to brown, or it will turn bitter.
- ☐ Add zucchini; cook 5 minutes or until tender, stirring continuously. Season with salt and pepper.
- ☐ Meanwhile, whisk together the eggs, egg whites, and rosemary, and season with salt and pepper.
- ☐ Pour the egg mixture over the zucchini and cook, just until the eggs begin to set, about 3 minutes.
- ☐ Sprinkle cheese evenly over the top.
- ☐ Place pan under the broiler for 3 minutes or until the fritatta rises slightly and becomes light and settled. The eggs should not be runny.
- ☐ Transfer to a serving plate, cut into pie-shaped wedges, and serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:10.1008695364%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 177.78kcal (8.89%), Fat: 12.15g (18.69%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.96g (2.18%), Cholesterol: 195.64mg (65.21%), Sodium: 473.5mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.63%), Selenium: 21.78µg (31.11%), Vitamin B2: 0.4mg (23.57%), Phosphorus: 224.53mg (22.45%), Calcium: 208.84mg (20.88%), Vitamin C: 11.33mg (13.74%), Vitamin B12: 0.63µg (10.48%), Vitamin B6: 0.21mg (10.47%), Vitamin A: 505.46IU (10.11%), Folate: 40.02µg (10%), Vitamin B5: 0.99mg (9.92%), Zinc: 1.25mg (8.32%), Manganese: 0.16mg (7.85%), Potassium: 273.04mg (7.8%), Vitamin E: 1.14mg (7.58%), Vitamin D: 1.07µg (7.14%), Iron: 1.28mg (7.1%), Magnesium: 25.45mg (6.36%), Vitamin K: 5.38µg (5.13%), Copper: 0.08mg (4.04%), Vitamin B1: 0.06mg (3.71%), Fiber: 0.67g (2.67%), Vitamin B3: 0.38mg (1.89%)