



 7%
HEALTH SCORE

Zucchini & Basil Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 12 leaves basil chopped
- 12 leaves basil chopped
- 0.5 cup cheddar cheese
- 3 eggs
- 1 tablespoon grapeseed oil
- 4 spring onion
- 0.8 teaspoon salt
- 400 g zucchini grated

Equipment

- food processor
- bowl
- frying pan
- oven
- mixing bowl
- colander
- pot holder
- box grater

Directions

- Shred the zucchini with a box grater or a food processor.
- Place shredded zucchini in a colander with a large bowl underneath.
- Sprinkle with a little salt and allow some water to seep out of the zucchini, about 20 minutes. You can squeeze some of the water out with your hands if you're in a hurry. This part can be completed ahead of time and the shredded zucchini can stay in your refrigerator overnight if you would like to do this recipe in stages. In a large mixing bowl, add shredded zucchini, green onion, basil, cheddar cheese, and salt. Stir to combine. Crack the eggs in a separate bowl and beat them.
- Pour the egg mixture into the bowl with the veggies and stir to combine all ingredients. Preheat your oven to 350 degrees F. In a 10 inch cast iron skillet, heat 1 to 2 tablespoons grape seed oil (or olive oil).
- Spread the oil around, making sure the sides are nicely oiled as well.
- Heat to medium then add the egg/zucchini mixture, and make sure the mixture is evenly distributed. Cook until the egg begins to cook to the sides of the skillet, about 3 to 5 minutes. Use a pot holder to place skillet in the oven.
- Bake 12 to 15 minutes until the center tests clean.

Nutrition Facts



■ PROTEIN **22.33%** ■ FAT **66.09%** ■ CARBS **11.58%**

Properties

Glycemic Index:89.33, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:15.824347826087%

Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 209.72kcal (10.49%), Fat: 15.74g (24.21%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.39g (1.6%), Sugar: 3.94g (4.38%), Cholesterol: 182.51mg (60.84%), Sodium: 780.41mg (33.93%), Protein: 11.96g (23.93%), Vitamin K: 56.04µg (53.37%), Vitamin C: 27.59mg (33.45%), Selenium: 19.21µg (27.45%), Vitamin B2: 0.43mg (25.02%), Phosphorus: 232.2mg (23.22%), Vitamin A: 1063.5IU (21.27%), Calcium: 198.09mg (19.81%), Folate: 69.6µg (17.4%), Manganese: 0.32mg (16.16%), Vitamin B6: 0.32mg (16.05%), Vitamin E: 2.23mg (14.85%), Potassium: 479.3mg (13.69%), Zinc: 1.78mg (11.88%), Vitamin B5: 1.04mg (10.45%), Magnesium: 40.14mg (10.03%), Vitamin B12: 0.59µg (9.85%), Iron: 1.66mg (9.23%), Fiber: 1.81g (7.25%), Copper: 0.14mg (6.88%), Vitamin D: 0.99µg (6.62%), Vitamin B1: 0.09mg (6.21%), Vitamin B3: 0.76mg (3.82%)