



## Zucchini Frittata

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



361 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 teaspoon canola oil
- 3 eggs
- 0.5 cup onion chopped
- 0.3 teaspoon salt
- 4 ounces swiss cheese shredded
- 1 cup zucchini shredded

### Equipment

- frying pan

oven

## Directions

- In an 8-in. ovenproof skillet over medium heat, cook onion and zucchini in oil until crisp-tender. Beat eggs and salt; pour over the top. Cook until almost set, 6–7 minutes.
- Sprinkle with cheese.
- Bake at 350° for 4–5 minutes or until cheese is melted.

## Nutrition Facts

 **PROTEIN 27.43%**  **FAT 64.89%**  **CARBS 7.68%**

## Properties

Glycemic Index:34.5, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:17.990435030149%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

## Nutrients (% of daily need)

Calories: 361.43kcal (18.07%), Fat: 26.09g (40.14%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.66g (2.06%), Sugar: 3.49g (3.88%), Cholesterol: 298.25mg (99.42%), Sodium: 495.86mg (21.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.63%), Calcium: 560.88mg (56.09%), Selenium: 37.65µg (53.79%), Phosphorus: 491.29mg (49.13%), Vitamin B12: 2.3µg (38.33%), Vitamin B2: 0.54mg (31.91%), Zinc: 3.6mg (23.98%), Vitamin A: 951.8IU (19.04%), Vitamin C: 14.06mg (17.04%), Vitamin B6: 0.3mg (15.05%), Folate: 58.6µg (14.65%), Vitamin B5: 1.43mg (14.31%), Magnesium: 41.8mg (10.45%), Potassium: 351.62mg (10.05%), Vitamin E: 1.47mg (9.77%), Manganese: 0.18mg (9.17%), Vitamin D: 1.32µg (8.8%), Iron: 1.54mg (8.58%), Copper: 0.12mg (6.14%), Vitamin B1: 0.08mg (5.26%), Fiber: 1.3g (5.2%), Vitamin K: 5.24µg (4.99%), Vitamin B3: 0.41mg (2.05%)