



## Zucchini Ricotta Frittata



Gluten Free



Popular

READY IN



30 min.

SERVINGS



3

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 6 large eggs
- ☐ 0.5 cup ricotta cheese
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 3 servings pepper black freshly ground to taste
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 3 tablespoons olive oil extra virgin

- ☐ 2 small zucchini sliced into thin rounds ( 3/4 pound)

## Equipment

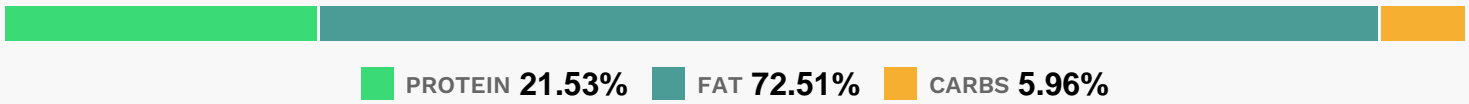
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ stove
- ☐ spatula

## Directions

- ☐ Make the egg mixture:
- ☐ Whisk the eggs in a medium bowl.
- ☐ Add the ricotta and Parmesan and whisk to combine. Stir in the salt, freshly ground black pepper, basil and thyme. Set aside.
- ☐ Sauté the zucchini slices:
- ☐ Heat the olive oil in a 10-inch oven-proof stick-free skillet on medium high.
- ☐ When the oil is hot and begins to shimmer, add the zucchini slices. Stir so that the zucchini slices are all coated with some of the oil.
- ☐ Cook, stirring only occasionally (if you stir too much the zucchini won't brown), until the zucchini slices are lightly browned, about 5-6 minutes.
- ☐ Remove the pan from heat.
- ☐ Let the zucchini cool in the pan for 30 seconds then transfer it to the bowl with the eggs.
- ☐ Pour egg mixture into pan and cook: Over medium heat, reheat the skillet until the oil in the pan is hot. There should be a couple of tablespoons of oil left in the pan, if not, add some. When the oil is hot, pour the egg and zucchini mixture into the pan.
- ☐ Without stirring, let the egg mixture cook for 2 to 3 minutes. Run a spatula along the edge of the frittata, separating the cooked edges from the pan as the eggs cook.

- ☐ Continue to cook for 3 to 4 minutes longer, or until the bottom is golden brown and the top is beginning to set. It will still be slightly runny in the middle.
- ☐ Finish under the broiler: Set the top rack 5 inches from the heating element in the oven. Preheat the oven broiler. Once the top of the frittata has started to set in the pan on the stove top, remove the pan from the stove and place it in the oven.
- ☐ Keep the oven door slightly open if you want and let the pan's handle stick out from the oven through the open door.
- ☐ Cook under the broiler until the top starts to become lightly browned, about 2 minutes.
- ☐ (Alternatively, instead of using the broiler, you can place a plate face-down on top of the skillet. Flip the skillet over to release the frittata on to the plate. Slide the frittata from the plate back into the skillet.
- ☐ Let cook for a couple of minutes more until the bottom browns.
- ☐ Let rest in the pan for 2 to 3 minutes to allow it to set.)
- ☐ To serve: Slide the frittata out of the skillet onto a serving plate.
- ☐ Let cool for a minute or two and cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:63, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:17.379130560419%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 399.57kcal (19.98%), Fat: 32.25g (49.62%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.46g (2.73%), Cholesterol: 402.75mg (134.25%), Sodium: 571.6mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.09%), Selenium: 40.75µg (58.21%), Vitamin B2: 0.65mg (38.36%), Phosphorus: 364.53mg (36.45%), Calcium: 255.6mg (25.56%), Vitamin E: 3.27mg (21.79%), Vitamin A: 1028.93IU (20.58%), Vitamin B12: 1.18µg (19.68%), Vitamin B5: 1.82mg (18.22%), Folate: 72.13µg (18.03%), Vitamin C: 14.73mg (17.86%), Zinc: 2.52mg (16.77%), Vitamin B6: 0.33mg (16.37%), Vitamin K: 15.68µg (14.94%), Vitamin D: 2.14µg (14.25%), Iron: 2.42mg (13.43%), Potassium: 412.67mg (11.79%), Manganese: 0.21mg (10.29%), Magnesium: 35.73mg (8.93%), Copper: 0.13mg (6.64%), Vitamin B1: 0.08mg (5.62%), Fiber: 0.87g (3.48%), Vitamin

B3: 0.49mg (2.47%)