



Zucchini-Salsa Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 1.5 cups egg substitute fat-free
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 cup monterrey jack cheese shredded with jalapeño peppers ()
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup salsa

- ☐ 0.1 teaspoon salt
- ☐ 1 cup zucchini diced

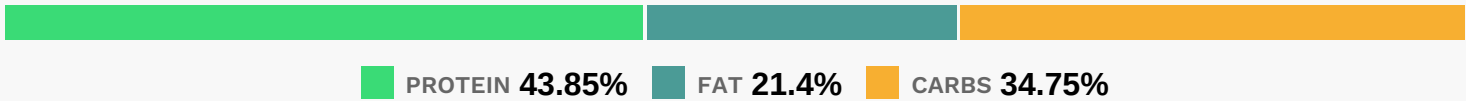
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients in a bowl; stir well, and set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium–high heat until hot.
- ☐ Add zucchini, bell pepper, and green onions; cook, stirring constantly, 5 minutes or until tender. Stir in corn.
- ☐ Pour egg mixture over vegetables; cover, reduce heat to medium–low, and cook 15 minutes or until set.
- ☐ Sprinkle cheese over frittata. Wrap handle of skillet with foil; broil 2 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:15.184347753939%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 106.54kcal (5.33%), Fat: 2.69g (4.14%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.78g (2.83%), Sugar: 5.72g (6.36%), Cholesterol: 6.29mg (2.1%), Sodium: 561.82mg (24.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Selenium: 38.84µg (55.48%), Vitamin C: 31.96mg (38.74%), Vitamin B2: 0.46mg (26.97%), Vitamin A: 1278.43IU (25.57%), Vitamin B5: 1.78mg (17.8%), Vitamin K: 17.64µg (16.8%), Vitamin E: 2.42mg (16.15%), Vitamin B6: 0.31mg (15.47%), Calcium: 141.11mg (14.11%), Phosphorus: 136.62mg (13.66%), Iron: 2.41mg (13.4%), Potassium: 457.22mg (13.06%), Folate: 44.72µg (11.18%), Vitamin B1: 0.16mg (10.46%), Vitamin D: 1.48µg (9.88%), Zinc: 1.42mg (9.45%), Manganese: 0.18mg (8.83%), Fiber: 2.06g (8.26%), Magnesium: 32.97mg (8.24%), Vitamin B12: 0.36µg (6.08%), Vitamin B3: 1.12mg (5.58%), Copper: 0.08mg (4.07%)