



Zucchini Scallion Frittata Cups

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



39 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 7 egg whites
- 3 eggs
- 1 cup green onion chopped
- 2 tablespoons half-and-half
- 3 tablespoons parmigiano-reggiano cheese grated
- 2 cups zucchini shredded

Equipment

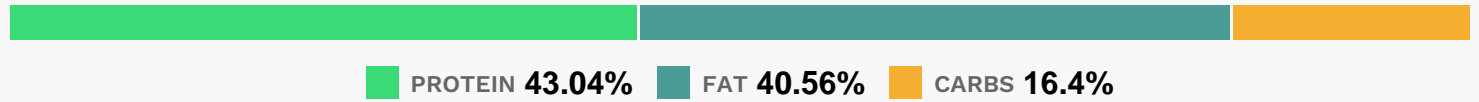
- bowl

- oven
- whisk
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare 12 muffin cups with cooking spray.
- Whisk egg whites, eggs, and half-and-half together in a bowl. Stir zucchini, green onion, and cheese into the egg mixture; pour into prepared muffin cups.
- Bake in preheated oven until set in the middle, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.8704348076945%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 39.19kcal (1.96%), Fat: 1.77g (2.72%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.99g (1.1%), Cholesterol: 42.65mg (14.22%), Sodium: 69.21mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin K: 18.23µg (17.36%), Selenium: 7.33µg (10.47%), Vitamin B2: 0.16mg (9.54%), Vitamin C: 5.29mg (6.41%), Phosphorus: 46.39mg (4.64%), Folate: 16.33µg (4.08%), Vitamin A: 202.43IU (4.05%), Potassium: 125.1mg (3.57%), Calcium: 34.17mg (3.42%), Vitamin B6: 0.06mg (3.04%), Manganese: 0.06mg (2.76%), Vitamin B5: 0.26mg (2.63%), Magnesium: 9.43mg (2.36%), Iron: 0.42mg (2.32%), Vitamin B12: 0.13µg (2.22%), Zinc: 0.29mg (1.93%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.52%), Vitamin D: 0.23µg (1.51%), Vitamin B1: 0.02mg (1.35%), Vitamin E: 0.2mg (1.3%)