



Zucchini-Tomato Frittata Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large bunch arugula trimmed
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 2 plum tomatoes seeded chopped

- ☐ 0.3 teaspoon salt
- ☐ 8 slices wheat bread italian
- ☐ 1 medium zucchini trimmed very thinly sliced
- ☐ 2 tablespoons tapenade
- ☐ 2 tablespoons tapenade

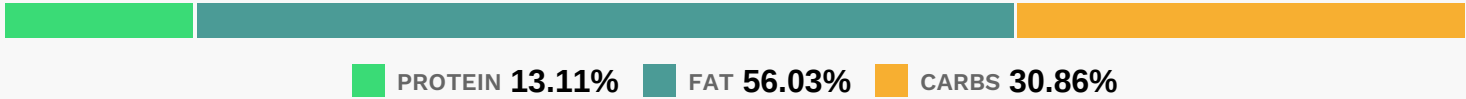
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk first 5 ingredients in medium bowl to blend.
- ☐ Heat oil in 9-inch-diameter nonstick skillet over medium-high heat.
- ☐ Add zucchini and sauté 2 minutes.
- ☐ Add tomatoes and garlic; sauté 1 minute.
- ☐ Spread vegetables in even layer in skillet.
- ☐ Add egg mixture to skillet; reduce heat to low and cook 2 minutes. Cover and cook until top of egg mixture is set, about 3 minutes longer. Run spatula around sides of skillet to loosen frittata, then slide out onto plate.
- ☐ Cut frittata into 4 wedges.
- ☐ Place 4 bread slices on work surface.
- ☐ Spread each with ½ tablespoon tapenade. Top each with some arugula, then 1 frittata wedge. Top with remaining bread slices.
- ☐ Cut sandwiches crosswise in half and serve.
- ☐ *A thick paste or spread made from brine-cured olives and seasonings; available at Italian markets and some supermarkets.
- ☐ per serving: calories, 255; total fat, 10 g; saturated fat, 2 g; cholesterol, 106 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:12.277391309324%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 325.39kcal (16.27%), Fat: 20.46g (31.48%), Saturated Fat: 9.02g (56.39%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 22.58g (8.21%), Sugar: 15.26g (16.95%), Cholesterol: 93mg (31%), Sodium: 383.69mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.55%), Vitamin K: 41.9µg (39.9%), Vitamin A: 1215.1IU (24.3%), Vitamin C: 17.67mg (21.42%), Folate: 82.48µg (20.62%), Vitamin B2: 0.34mg (19.82%), Selenium: 12.92µg (18.46%), Potassium: 474.93mg (13.57%), Manganese: 0.26mg (13.14%), Vitamin B3: 2.35mg (11.76%), Iron: 2.05mg (11.4%), Fiber: 2.78g (11.11%), Phosphorus: 110.67mg (11.07%), Magnesium: 39.08mg (9.77%), Vitamin B6: 0.18mg (9.01%), Vitamin B1: 0.11mg (7.66%), Calcium: 75.68mg (7.57%), Vitamin E: 1.12mg (7.49%), Vitamin B5: 0.69mg (6.9%), Zinc: 0.77mg (5.14%), Copper: 0.1mg (4.86%), Vitamin B12: 0.24µg (4.08%), Vitamin D: 0.5µg (3.33%)