



VEGGIE FRITTATA

healthy filling omelet for a good start

 5 minutes

 10 minutes

 1 portion

INGREDIENTS

- 1 large unit of egg, whole, raw, fresh [50 g]
- 80 grams of egg white, raw
- 45 grams of button mushroom or cultivated mushroom, raw
- 1 Italian tomato unit of tomatoes, red, ripe, raw, year round average [62 g]
- 25 grams of onion, raw
- 25 grams of pepper, sweet, red, raw
- 1/2 cup of spinach, raw [15 g]
- 1 tsp of oil, olive, salad or cooking [5 g]

COOKING METHOD

- 1° Chop the onion and the red pepper, Slice the tomato and the mushroom
- 2° Separate the 2 egg white and add to the broken egg, season with salt and pepper and beat until lightly fluffy
- 3° Heat up a non stick small sauce pan, with the olive oil. Add the onion and red pepper, cook for a minute, stirring. Add the mushroom and the tomatoe, cook for anoter minute. Add the spinach leaves.stir
- 4° Poor the eggs over the vegetables and cover. Lower the heat and allow few minutes to cook

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (307 g)	% DRI
ENERGY	63 kcal	192 kcal	10 %
FAT	3 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	61 mg	186 mg	62 %
SODIUM	78 mg	238 mg	10 %
CARBOHYDRATE	3 g	8 g	3 %
SUGARS	2 g	5 g	—
FIBER	1 g	2 g	9 %
PROTEIN	6 g	18 g	—