



VEGETABLE FRITTATA

1 portion

INGREDIENTS

- 2 large Eggs
- 3 Egg Whites
- 20 grams of cottage cheese,
- 10 grams of cheese, low fat, cheddar, tasty or colby , grated or 10 grams of bio Cheese (Vegan) (10 g)
- 20 grams of broccoli, raw
- 30 grams of baby spinach, raw

COOKING METHOD

- 1° Preheat Oven to 180 degrees
- 2° In a bowl whisk eggs, egg whites and cottage cheese
- 3° Chop broccoli and spinach leaves
- 4° In an oven proof dish, place chopped greens, and egg mixture
- 5° Sprinkle with cheese on top and cracked pepper
- 6° Cook for 30mins or until mixture is cooked whole way through

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (279 g)	% DRI
ENERGY	88 kcal	245 kcal	12 %
FAT	4 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	134 mg	374 mg	125 %
SODIUM	182 mg	507 mg	21 %
CARBOHYDRATE	2 g	5 g	2 %
SUGARS	1 g	2 g	—
FIBER	0 g	1 g	5 %
PROTEIN	10 g	28 g	—