

Frittata with Baby Broccoli and Cheddar

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-broccoli-chinese-recipe>

Ingredients:

- 2/3 cup fresh bread crumbs
- 1/4 cup extra-virgin olive oil
- 1/2 pound baby broccoli roughly chopped
- 12 eggs lightly beaten
- 1 cup sharp cheddar cheese grated
- 3/4 teaspoon kosher salt plus more, to taste
- ground black pepper Freshly, to taste
- 1 rosemary sprig fresh, about 1 inch long
- 1 shallot thinly sliced
- 1 garlic clove minced
- 1/8 teaspoon red pepper flakes

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 330 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 490 milligrams
9. Sugar: 2 grams

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