

# Spaghetti Frittata with Ramps

Yield: 3 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-spaghetti-frittata-recipe>

## Ingredients:

- 1/3 pound spaghetti
- 2 tablespoons olive oil divided
- 1 shallot sliced
- 1 bunch ramps cleaned well, and sliced, white and green parts separated
- 1 tomato seeded and roughly chopped
- 1 clove garlic minced
- 1/4 cup white wine
- 1/2 teaspoon salt
- 6 eggs beaten

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 425 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 550 milligrams
9. Sugar: 5 grams

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