

Italian Frittata

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- olive oil
- 6 eggs
- 2 cups vegetables such as boiled or roasted potatoes, cauliflower, zucchini, wild mushroom, asparagus, eggplant, peppers, artichoke or...
- 2 tablespoons chopped fresh herbs
- basil
- oregano
- 1/4 cup Asiago cheese or mozzarella cheese
- 1/4 cup Parmesan cheese
- salt
- ground black pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 325 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 510 milligrams
9. Sugar: 1 grams

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