

Spring Vegetable Frittata

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-breakfast-noodles-recipe>

Ingredients:

- 1 cup noodles spiralized sweet potato, or finely diced
- 1/2 cup diced onion
- 1 cup asparagus chopped, tough stems removed
- 1 cup green peas fresh or frozen
- 1/4 cup crumbled feta
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- black pepper to taste
- 7 eggs
- chicken sausage optional: diced

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 385 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 4 grams
8. Sodium: 230 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Spring Vegetable Frittata above. You can see more 15 vietnamese breakfast noodles recipe Get ready to indulge! to get more great cooking ideas.