the center
For Naturopathic Medicine & Functional Nutrition

Mini Broccoli Frittatas

Prep Time	15 mins
Total Time	30 mins
Meal Type	Breakfast
Servings	2



Ingredients

lb,c | g,ml

- 6 eggs, *whisked*
- 2 Tbs almond milk, unsweetened
- salt, *to taste*
- pepper, *to taste*
- 1/2 cup broccoli, *finely chopped*
- 1/3 cup onion, *finely chopped*
- 2 cloves garlic, *minced*

Directions

Prep

1. Preheat oven to 350°F. Spray cupcake or muffin pan with cooking spray,
2. In a medium sized bowl, whisk together eggs, unsweetened almond milk, salt, and pepper.
3. Chop broccoli, onions and garlic.

Make

1. Fill muffin wells halfway with the broccoli, onion, and garlic mixture.
2. Pour whisked eggs over the veggie mixture, leaving a little space at the top. (Eggs will rise as they bake)
3. Bake for about 15 minutes or until eggs are cooked through.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **240**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 14.5g	22%	**Total Carbohydrates** 6g	2%
Saturated Fat 4.7g	23%	Dietary Fiber 1g	4%
Trans Fat 0.0g		Total Sugars 2g	
Cholesterol 558mg	186%		
Sodium 234mg	10%	**Protein** 20g	

Vitamin D 3mcg 31% · Calcium 136mg 13% · Iron 3mg 16% · Potassium 341mg 7%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Living Plate

- Show all nutrients -