ITALIAN · BREAKFAST · LUNCH

Roasted Vegetable Frittata

70 min · Serves 6 · 249 kcal a serve · Video 5:15 · Clean & Delicious

Vegetarian · Gluten-free ingredients · Nut-free

A dozen eggs and plenty of roasted peppers, zucchini and onion give a good source of protein (about 16 g a serve) and most of a day's vitamin C, in a low-carb dish that is good hot, cold or packed for lunch.

Diet notes: Low carb (7 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

12 · SERVES 6

- [ ] 1 **red onion**, chopped
- [ ] 2 **bell peppers** (1 orange, 1 red), chopped
- [ ] 1 large **zucchini**, quartered and chopped
- [ ] 2 **garlic** cloves, crushed
- [ ] 1 tbsp **avocado oil**
- [ ] 2 pinches of **kosher salt**, divided
- [ ] **black pepper**, to taste
- [ ] 12 **eggs**
- [ ] 60 ml whole **milk** (or any milk)
- [ ] a little **butter**, to grease the dish
- [ ] 55 g **creamy goat cheese**, dotted over (or sliced Kalamata olives)
- [ ] 25 g sliced **spring onions** (scallions)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220 °C. Toss the onion, peppers, zucchini and garlic with the oil, salt and pepper. 0:35
2. Spread on a lined tray and roast 30 minutes, turning halfway, until tender and golden at the edges. Let them cool a little. You want about 710 ml of roasted vegetables. 1:41
3. Whisk the eggs with the milk and a pinch of salt and pepper, then stir in the vegetables. 2:13
4. Pour into a greased 23 × 33 cm dish, dot with the goat cheese (or sliced Kalamata olives) and scatter the spring onions over. 3:00
5. Bake at 180 °C for 20–30 minutes (ovens vary), until puffed and just set in the centre. Cool a little, then cut into squares. 3:35

> **Tip** Use any vegetables, including leftovers. Keeps 5 days in the fridge; serve with a rocket salad for a light dinner.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
249 kcal	16 g	9.2 g	2.1 g	16 g	300 mg
1,040 kJ	32% of a day	7 g net · 6.1 g sugars	8% of a day	5.6 g saturated	13% of a day
		3% of a day		21% of a day	

Energy from net carbs 12% · protein 27% · fat 61% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 84% · Selenium 58% · Vitamin B12 49% · Vitamin A 30% · Vitamin B6 25% · Folate 22%

Source of (10–19%) Zinc 15% · Vitamin E 15% · Vitamin K 12% · Iron 11% · Vitamin D 11%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=POLtBaZJBoM, published 12 April 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cd-roasted-vegetable-frittata