

Feta Tomato Frittatas

Recipe from RAMC Dietitians

For Stage 3

Ingredients:

1 cup spinach
~10 cherry tomatoes
2oz feta cheese
9 large eggs
1/3 cup skim milk
1 tablespoon fresh basil
Salt and pepper to taste

Instructions:

1. Pre-heat oven to 350 degrees.
2. Grease muffin tins.
3. Divide spinach, tomatoes, feta, and basil evenly among each well.
4. Crack eggs into a large bowl.
5. Add milk, salt, pepper, basil to eggs. Beat to mix.
6. Pour egg mixture into wells. Make sure filling is inside egg mixture.
7. Bake for 20 minutes or until puffy. Let cool.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 68	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 140 mg	47 %
Sodium 265 mg	11 %
Potassium 109 mg	3 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 6 g	11 %
Vitamin A	72 %
Vitamin C	1 %
Calcium	24 %
Iron	1 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



Surgical Weight Loss at RAMC Specialty Group