

## Frittata

833kJ, 11g fat per serve

Nutrients	Amount per serve
Energy	833.72kJ
Protein	9.93g
Total fat	11.04g
- saturated fat	3.51g
- polyunsaturated fat	1.54g
- monounsaturated fat	4.86g
Cholesterol	156.01mg
Carbohydrate	13.87g
Sugars	4.54g
Starch	9.11g
Fibre	2.73g
Thiamin	0.10mg
Riboflavin	0.29mg
Niacin	1.56mg
Vitamin C	26.27mg
Folate	51.4µg
Vitamin A equivalents	698.64µg
Sodium	113.64mg
Potassium	475.17mg
Magnesium	26.22mg
Calcium	88.97mg
Phosphorus	163.40mg
Iron	1.45mg
Zinc	1.15mg