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## Spinach Frittata with Sweet Potato Crust ••

A delicious vegetarian frittata with a sweet potato crust. This recipe combines the flavors of spinach and eggs, creating a nutritious and flavorful dish. The sweet potato crust adds a unique twist and enhances the overall taste. Perfect for a brunch or light lunch.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Sweet Potatoes
200 g	spinach
6 pieces	eggs
100 ml	milk

<b>100 g</b>	cheddar cheese
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Grating

Peel and grate the sweet potatoes. Squeeze out excess moisture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, combine the grated sweet potatoes, salt, and black pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Pressing

Press the sweet potato mixture into a greased pie dish, forming a crust.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Baking

Bake the sweet potato crust in the preheated oven for 15 minutes.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

Sautéing

Meanwhile, heat olive oil in a skillet over medium heat. Add spinach and sauté until wilted.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 7

Whisking

In a separate bowl, whisk together eggs, milk, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Spreading

Spread the sautéed spinach over the sweet potato crust. Pour the egg mixture over the spinach.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 9

Sprinkling

Sprinkle cheddar cheese on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 10

Baking

Bake in the oven for 15-20 minutes, or until the eggs are set.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 11

Serving

Remove from the oven and let it cool for a few minutes. Slice and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 15 g

**Carbohydrates:** 20 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	220 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6000 iu	666.67%	857.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	100 mcg	666.67%	666.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

## Meal Type

Brunch

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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