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## Veggie Frittata Sandwich on Wheat Tortilla

A delicious vegetarian frittata sandwich made with fresh vegetables and served on a whole wheat tortilla. This sandwich is perfect for a quick and healthy meal.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 units	Eggs
100 g	bell pepper
50 g	onion
50 g	spinach
50 g	Mushrooms

<b>50 g</b>	Cheddar Cheese
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	pepper
<b>1 tbsp</b>	olive oil
<b>2 units</b>	whole wheat tortilla

## Directions

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### Step 1

Cut

Chop the bell pepper, onion, spinach, and mushrooms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a bowl, whisk the eggs with salt and pepper.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 3

Sautéing

Heat olive oil in a skillet over medium heat. Add the chopped vegetables and cook until softened.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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## Step 4

**Cooking**

Pour the whisked eggs over the cooked vegetables in the skillet. Cook until the eggs are set.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

**Plating**

Divide the frittata into two portions. Place each portion on a whole wheat tortilla and fold it into a sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Picnic

### Course

Salads Snacks

### Cultural

Chinese New Year Diwali

### Demographics

Heart Healthy

### Diet

Vegetarian Diet Vegan Diet Fruitarian Diet Anti-Inflammatory Diet

### Cooking Method

Frying

### Meal Type

Brunch Snack Supper

### Difficulty Level

Medium

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