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Corn Pasta Frittata ♦♦

Corn Pasta Frittata is a delicious dish made with corn and pasta. It is a versatile recipe that can be enjoyed for breakfast, brunch, lunch, or dinner. The frittata is a popular Italian dish that is similar to an omelette or quiche. It is easy to make and can be customized with your favorite ingredients. This recipe is not vegetarian or vegan.

Recipe Type: Standard

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

200 g	corn
200 g	pasta
6 units	eggs
100 ml	milk
100 g	cheese

1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Boiling

Cook the pasta according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, whisk together the eggs, milk, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a large skillet over medium heat. Add the corn and cook for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stirring

Add the cooked pasta to the skillet with the corn. Stir to combine.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stirring

Pour the egg mixture over the corn and pasta in the skillet. Sprinkle cheese on top.

Prep Time: 0 mins

Cook Time: 8 mins

Step 6

Covering

Cover the skillet and cook for 10-15 minutes, or until the eggs are set.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Resting

Remove from heat and let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium

Kitchen Tools

Blender Oven Stove

Course

Appetizers

Main Dishes

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Difficulty Level

Medium

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