

Low FODMAP Sweet Potato and Feta Frittata

Serves: 4

Prep: 10 minutes

Cook: 45 minutes



Ingredients	Metric	Imperial
6 eggs		
1/2 cup lactose free milk	125 g	4.4 oz
Feta	100 g	3.5 oz
1 cup chopped sweet potato	120 g	4.2 oz
1/2 zucchini, grated	65 g	2.2 oz
1 cup spinach, loosely packed	30 g	1 oz
Paprika (or spice of choice)		
Rosemary (or herb of choice)		

Method

1. Preheat oven to 180 celcius/355 farenheit and prepare a 20cm pan lined with baking paper.
2. Add chopped sweet potato to a microwave safe bowl and microwave for 1-2 minutes until slightly softened.
3. Add sweet potato, feta, zucchini and spinach to the prepared pan.
4. Whisk together eggs, milk, paprika and rosemary and pour into the pan over the vegetable mix.
5. Bake for 45 minutes.

Nutrition Information (per serve)	
Energy	838 Kj / 200 cal
Protein	14.70g
Carbohydrates	6.60g
Sugar	3.90g
Total Fat	12.40g
Saturated Fat	5.80g
Fibre	1.60g