

BUDGETING PROJECT

“Potatoes & Peppers Frittata”

FNES 203

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## 1. Recipe

### POTATOES & PEPPERS FRITTATA

GF

**Servings:** 4

**Time:** 60 Minutes

#### **Ingredients:**

- ½ cup diced onion
- ½ cup diced green pepper
- ½ cup diced red pepper
- 2 medium gold potatoes, cooked and cubed
- 6 large eggs
- 2 tbsp. olive oil
- ¼ tsp salt
- ¼ tsp pepper
- 1 tsp oregano

#### **Directions:**

1. In a medium size pot (2qts) boil the potatoes (approx. 15 min).
2. Preheat the oven at 375°F.
3. Dice the onions & peppers.
4. In a 10-inch cast-iron or ovenproof skillet, add olive oil and sauté the onions & peppers until tender, then set them aside.
5. Cut the potatoes in cubes. In the same skillet, lightly brown potatoes and add back the onions & peppers.
6. In a bowl, beat eggs, add salt, pepper, and oregano; pour over the potatoes, onions and peppers; cook for 5-10 min or until eggs are nearly set.
7. Broil frittata for 8-10 minutes or until golden brown.
8. Let it cool for a few minutes, cut it into slices and serve.

## 2. Nutrient Analysis

<b>Nutrition Facts</b>	
Servings: 4	
<b>Amount per serving</b>	
<b>Calories</b>	<b>255</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 14.7g	<b>19%</b>
Saturated Fat 3.4g	<b>17%</b>
<b>Cholesterol</b> 279mg	<b>93%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 20.6g	<b>8%</b>
Dietary Fiber 3.5g	<b>12%</b>
Total Sugars 3.5g	
<b>Protein</b> 11.7g	
Vitamin D 26mcg	131%
Calcium 62mg	5%
Iron 2mg	13%
Potassium 611mg	13%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

[1]

The results from the nutritional analysis calculator show that the frittata provides the following macronutrients percentages: Carbohydrate 8%, Protein 22.5 %, Total fat 19%, and Fiber 12% . The percentages are obtained by comparing the nutrition facts from the frittata with the Dietary Reference Intake for a female 31-50 years old (DRI table below). Also, the frittata provides the following micronutrients: Vitamin D 26mcg (131% of DRI), Calcium 62mg (5% of DRI), Iron 2mg (13%), and Potassium 611mg (13%). Therefore, considering that the frittata is one of the three meals (either breakfast, lunch or dinner) that a person or family is going to have, it is a healthy

choice due to fact that it provides a good percentage of macronutrients and micronutrients that a person needs on a daily basis.

### 3. Experience Insight

Planning a meal for a family of four on SNAP budget was quite an experience. Having to limit myself to \$7.21 ( $\$649/30\text{days} = \$21.63/3 \text{ meals} = \$7.21$ ) per meal was not an easy task. I myself live on a limited budget too; however, this SNAP budget really shows one a different reality. A reality that is shared by approximately 43 million Americans. [2]

I found rather challenging to put together a meal with such a limited budget, a meal that even though is limited to \$7.21, it has to deliver some of the macronutrients and micronutrients that a person needs on any given day. At the beginning of this assignment I was a little bit lost, however, as I started investigating I realized that the Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp Program, provides not only the funds for the people in need (low income/no income) it provides a slew of online tools and resources from a simple grocery list, a weekly calendar, to recipes, cookbooks, and menus. Hence, I believe that it is a well-designed program that truly helps the people in need. [3]

Now, in order to decide what to prepare, I took in consideration that the meal that I was about to cook for my hypothetical family of four (including myself) needs to deliver protein, carbohydrates, fat, and fiber to keep my family well-nourished and with enough energy until the next meal. Thus, I choose a Frittata because the eggs provide the protein and fat, the potatoes provide the carbohydrates (energy), and the peppers provide the fiber along with micronutrients such as vitamin C.

Food is not just calories; it is medicine. Many of us focus primarily on daily ordinary activities such as work and school and tend to ignore our basic needs for healthy food. We do not connect the dots between what is on our plate and our mental, physical, emotional, and spiritual well-being. Food is the most powerful medicine on the planet. It can improve the expression of genes, balance hormones, reduce inflammation, and optimize your microbiome (gut flora) with every single bite. Thus, every time that we make a healthy choice at the moment of deciding what to eat, we have an opportunity to nourish our bodies and create a healthier society.

#### 4. Cost breakdown analysis

##### Ingredients Cost Breakdown Analysis

Ingredients / Items	Amount Needed For Recipe	Fresh Direct Price	Calculation / Total
Eggs	6 Large Eggs	\$ 3.59/dozen	\$ 3.59/12 eggs = \$ 0.29 per egg 6 x \$ 0.30= <b>\$ 1.80</b>
Gold Potatoes	2 Medium Potatoes	\$ 1.29/lb	\$ 0.512 x 2 = <b>\$ 1.03</b>
Green Bell Pepper	1 Green Pepper	\$ 1.99/lb	= <b>\$ 0.90</b>
Jumbo Yellow Onion	1 Yellow Onion	\$ 0.99/lb	= <b>\$ 0.79</b>
Red Bell Pepper	1 Red Pepper	\$ 2.99/lb	= <b>\$ 1.50</b>
		<b>Grand Total</b>	<b>\$ 6.02</b>

Dairy



Alderfer Eggs Cage-Free Grade A Large White Eggs  
(1 dozen)

Delete

-

1

+

**\$3.59**  
(3.59/ea)

Vegetables



Gold Potatoes

Delete

-

2

+

**\$1.03**  
(1.29/lb)



Green Bell Pepper

Delete

-

1

+

**\$0.90**  
(1.99/lb)



Jumbo Yellow Onion

Delete

-

1

+

**\$0.79**  
(0.99/lb)



Red Bell Pepper, Large

Delete

-

1

+

**\$1.50**  
(2.99/lb)

Empty Cart

Have a promotional code?

Enter here

apply

Have a new Gift Card?

Enter here

apply

Delivery Fee: \$0.00

Total Tax: Added during Checkout

**Order Subtotal: \$7.81 \***

Checkout



## 5. Specific Timeline

Potatoes & Peppers Frittata Timeline			
12:00 - 12:05	Wash Hands & get the ingredients		
12:05 - 12:10	Set the oven to 375° F Wash the potatoes, and put them to boil		
12:10 - 12:15	Dice the onions & peppers		
12:15 - 12:25	Sauté de onions & peppers, and then set them aside		
12:25 - 12:30	Cut the potatoes in cubes		
12:30 - 12:35	Place potatoes into the skillet and lightly brown them, then add back the onions and the peppers		
12:35 - 12:40	In a bowl, beat eggs, add salt, pepper, and oregano; pour over the potatoes, onions and peppers		
12:40 - 12:45	Cook the frittata until eggs are nearly set		
12:45 - 12:55	Broil frittata for 8 - 10 minutes or until golden brown		
12:55 - 1:00	Let it cool for a few minutes (in the meantime fix the table), then cut the frittata into slices & serve		

Total time 60 minutes



## References

1. <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076> Retrieved April 2, 2018
2. <http://www.newsweek.com/people-food-stamps-snap-decline-participation-640500> Retrieved April 2, 2018
3. <https://www.choosemyplate.gov/budget> Retrieved April 2, 2018