

American Frittata

 **Gluten Free**

READY IN



30 min.

SERVINGS



8

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 eggs beaten
- 0.8 cup seasoning cubes cubed
- 0.5 onion sliced
- 4 potatoes cubed peeled
- 8 servings salt and pepper to taste
- 0.8 cup cheddar cheese shredded
- 1 tablespoon vegetable oil

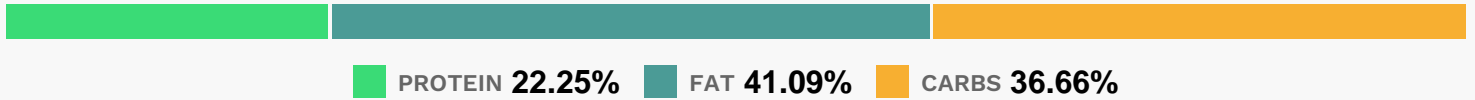
Equipment

- frying pan
- oven
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender but still firm, about 5 minutes.
- Drain and set aside to cool. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- In a cast iron skillet, heat oil over medium heat.
- Add onions and cook slowly, stirring occasionally, until onions are soft.
- Stir in eggs, drained potatoes, ham, salt and pepper. Cook until eggs are firm on the bottom, about 5 minutes. Top frittata with shredded cheese and place in preheated oven until cheese is melted and eggs are completely firm, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:13.83, Inflammation Score:-4, Nutrition Score:10.948260846345%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 217.38kcal (10.87%), Fat: 9.97g (15.34%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.55g (6.38%), Sugar: 1.51g (1.68%), Cholesterol: 180mg (60%), Sodium: 471.54mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.29%), Vitamin C: 21.49mg (26.05%), Selenium: 16.86µg (24.09%), Vitamin B6: 0.4mg (20.23%), Phosphorus: 198.34mg (19.83%), Vitamin B2: 0.28mg (16.69%), Potassium: 527.32mg (15.07%), Calcium: 114.02mg (11.4%), Vitamin B5: 1.04mg (10.42%), Folate: 41.25µg (10.31%), Fiber: 2.46g (9.84%), Iron: 1.7mg (9.46%), Manganese: 0.19mg (9.28%), Zinc: 1.28mg (8.52%), Vitamin B12: 0.5µg (8.4%), Magnesium: 33.33mg (8.33%), Copper: 0.15mg (7.65%), Vitamin B1: 0.11mg (7.27%), Vitamin A: 346.02IU (6.92%), Vitamin D: 0.94µg (6.29%), Vitamin B3: 1.17mg (5.84%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.69mg (4.62%)