



Bacon and Cheese Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 ounces bacon roughly chopped
- 12 large eggs
- 4 oz feta cheese crumbled
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 4 spring onion light white green thinly sliced
- 1 cup cheddar cheese shredded
- 2 tablespoons milk whole

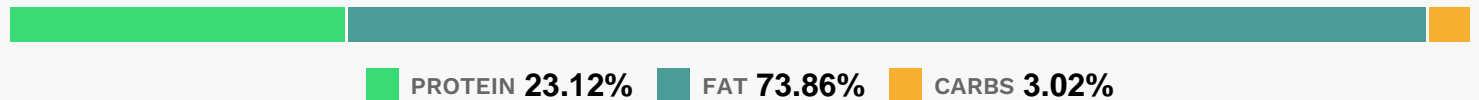
Equipment

- bowl
- paper towels
- oven
- baking pan

Directions

- Preheat oven to 350F. Lightly mist an 8-inch square baking dish with cooking spray. In a large skillet over medium heat, cook bacon until crisp, 5 to 7 minutes, stirring occasionally.
- Remove to a paper towel-lined plate.
- In a medium bowl, beat eggs, milk and 2 Tbsp. water. Stir in feta, salt and pepper, half of bacon and all but 2 Tbsp. scallions.
- Pour mixture into baking dish.
- Bake until almost set in center, about 15 minutes.
- Remove from oven; sprinkle with Cheddar and reserved bacon and scallions.
- Bake until center is set and cheese has melted, 5 to 7 minutes longer.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:4.2008695738471%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 103.97kcal (5.2%), Fat: 8.44g (12.98%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.21g (0.23%), Cholesterol: 103.97mg (34.66%), Sodium: 199.43mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Selenium: 11.19µg (15.98%), Vitamin B2: 0.18mg (10.5%), Phosphorus: 98.51mg (9.85%), Calcium: 71.13mg (7.11%), Vitamin B12: 0.39µg (6.5%), Vitamin B5: 0.49mg

(4.87%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.46%), Vitamin A: 218.53IU (4.37%), Vitamin K: 4.26µg (4.05%), Vitamin D: 0.57µg (3.83%), Folate: 14.91µg (3.73%), Vitamin B1: 0.04mg (2.98%), Iron: 0.52mg (2.91%), Vitamin E: 0.34mg (2.3%), Vitamin B3: 0.44mg (2.21%), Potassium: 64.61mg (1.85%), Magnesium: 6.6mg (1.65%), Copper: 0.03mg (1.29%)