



Bacon and Potato Frittata

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



535 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 slices bacon chopped
- 8 large eggs
- 2 tablespoons basil fresh chopped
- 2 garlic cloves chopped to taste
- 2 tablespoons olive oil divided
- 1 small onion chopped to taste
- 3 tablespoons parmesan grated
- 1 pound potatoes peeled cut into 1/2-inch pieces

- 3 ounces provolone cheese sliced (5 to 6 slices)
- 0.5 cup roasted peppers chopped to taste
- 4 servings salt and pepper black freshly ground
- 2 cups pkt spinach coarsely chopped

Equipment

- bowl
- frying pan
- whisk
- broiler
- spatula
- slotted spoon

Directions

- Preheat broiler.
- Whisk together eggs, basil, parmesan, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- Cook bacon in a 10-inch heavy skillet over medium heat, stirring, until crisp.
- Transfer bacon with a slotted spoon to a large bowl then pour off all but 2 tablespoons fat.
- Add potatoes and 1/4 teaspoon each of salt and pepper to skillet, and sauté over medium-high heat until golden, about 3 minutes. Cover skillet and continue to cook over medium-low heat, stirring a few times, until potatoes are just tender, about 3 minutes more.
- Transfer the potatoes with a slotted spoon to bowl containing the bacon.
- Add 1 tablespoon oil to skillet and sauté onion and garlic over medium-high heat until pale golden, about 4 minutes, then add spinach and sauté until just wilted.
- Gently add the potatoes and bacon, the roasted peppers, and remaining tablespoon oil into onion mixture, spreading it evenly.
- Pour egg mixture evenly over vegetables and cook over medium-high heat, lifting up cooked egg around edges with a heat-proof rubber spatula to let uncooked egg flow underneath, 2 to 3 minutes. Reduce heat to medium and cook, covered, until it appears mostly set, with a moist top and center, 3 to 5 minutes more.

- Remove lid. If using Provolone, broil frittata 5 to 7 inches from heat until set, but not browned, 1 to 2 minutes, then top with an even layer of cheese and continue to broil until browned and bubbling, 1 to 3 minutes (watch carefully).
- If skipping the cheese, broil frittata until the top is lightly browned, 1 to 3 minutes (making sure it doesn't burn).
- If using a nonstick skillet, slide the frittata onto a serving plate. If using a cast-iron skillet, cut and serve wedges directly from the skillet.

Nutrition Facts



Properties

Glycemic Index:82.19, Glycemic Load:15.25, Inflammation Score:-9, Nutrition Score:28.124782769576%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 535.45kcal (26.77%), Fat: 36.48g (56.12%), Saturated Fat: 12.79g (79.95%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 21.57g (7.84%), Sugar: 2.23g (2.47%), Cholesterol: 411mg (137%), Sodium: 834.49mg (36.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.48%), Vitamin K: 84.06µg (80.06%), Selenium: 42.11µg (60.16%), Vitamin A: 2322.2IU (46.44%), Phosphorus: 460.58mg (46.06%), Vitamin C: 36.63mg (44.41%), Vitamin B2: 0.64mg (37.74%), Vitamin B6: 0.71mg (35.65%), Calcium: 307.45mg (30.74%), Folate: 103.5µg (25.87%), Potassium: 858.7mg (24.53%), Vitamin B12: 1.41µg (23.51%), Vitamin B5: 2.22mg (22.2%), Manganese: 0.44mg (22.12%), Iron: 3.6mg (20%), Zinc: 2.97mg (19.77%), Vitamin E: 2.59mg (17.24%), Vitamin B1: 0.25mg (16.99%), Magnesium: 66.36mg (16.59%), Vitamin D: 2.26µg (15.05%), Vitamin B3: 2.89mg (14.43%), Copper: 0.27mg (13.69%), Fiber: 3.41g (13.62%)