



Bacon and Tomato Frittata

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 16 oz eggs fat-free
- 0.3 teaspoon alouette garlic & herbs spreadable cheese salt-free
- 0.3 cup spring onion sliced
- 2 tablespoons oz. bacon into pieces (from 2.8-oz package)
- 2 large roma tomatoes sliced (plum)
- 0.3 teaspoon salt
- 2 oz sharp cheddar cheese shredded
- 2 tablespoons cream light sour

2 teaspoons vegetable oil

Equipment

bowl

frying pan

oven

spatula

Directions

In medium bowl, mix egg product, garlic-and-herb seasoning and salt; set aside.

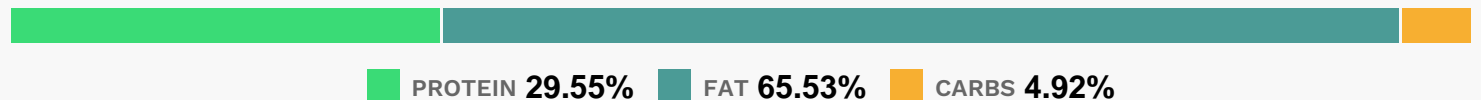
In 10-inch nonstick ovenproof skillet, heat oil over medium heat.

Add onions; cook and stir 1 minute. Reduce heat to medium-low.

Pour in egg mixture. Cook 6 to 9 minutes, gently lifting edges of cooked portions with spatula so that uncooked egg mixture can flow to bottom of skillet, until set.

Set oven control to broil. Top frittata with tomatoes, cheese and bacon. Broil with top 4 inches from heat 1 to 2 minutes or until cheese is melted. Top each serving with sour cream.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:14.672173836957%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 269.19kcal (13.46%), Fat: 19.42g (29.88%), Saturated Fat: 7.58g (47.38%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.75g (1%), Sugar: 1.44g (1.6%), Cholesterol: 443.45mg (147.82%), Sodium: 513.28mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.41%), Selenium: 39.05µg (55.78%), Vitamin B2: 0.6mg (35.23%), Phosphorus: 303.46mg (30.35%), Vitamin A: 1094.6IU (21.89%), Vitamin B12: 1.18µg (19.74%), Vitamin K: 20.23µg (19.27%), Vitamin B5: 1.83mg (18.29%), Calcium: 179.87mg (17.99%), Folate: 65.58µg (16.4%), Vitamin D:

2.37µg (15.77%), Zinc: 2.09mg (13.94%), Iron: 2.19mg (12.16%), Vitamin B6: 0.23mg (11.62%), Vitamin E: 1.7mg (11.34%), Potassium: 270.87mg (7.74%), Vitamin C: 5.48mg (6.64%), Magnesium: 22.7mg (5.67%), Copper: 0.11mg (5.54%), Vitamin B1: 0.07mg (4.45%), Manganese: 0.08mg (3.94%), Fiber: 0.53g (2.14%), Vitamin B3: 0.31mg (1.57%)