


 3%
HEALTH SCORE

Bacon Cheese Frittata

 **Gluten Free**

READY IN

45 min.

SERVINGS

6

CALORIES

276 kcal

MORNING MEAL BRUNCH BREAKFAST LUNCH

Ingredients

- 5 slices bacon
- 2 tablespoons butter melted
- 6 eggs
- 0.3 cup spring onion chopped
- 0.3 teaspoon pepper black
- 1 cup milk
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11-inch baking dish.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon slices on paper towels and crumble.
- Beat eggs, milk, butter, salt, and ground pepper in a bowl; pour into prepared baking dish.
- Sprinkle with onions, bacon, and Cheddar cheese.
- Bake in preheated oven until a knife inserted near the center comes out clean, 25 to 30 minutes.

Nutrition Facts

 **PROTEIN 19.97%**  **FAT 75.27%**  **CARBS 4.76%**

Properties

Glycemic Index:29.83, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:9.6400000090184%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 275.61kcal (13.78%), Fat: 22.96g (35.32%), Saturated Fat: 10.59g (66.18%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.28g (2.53%), Cholesterol: 209.53mg (69.84%), Sodium: 546.95mg

(23.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.41%), Selenium: 23.37µg (33.39%), Phosphorus: 243.64mg (24.36%), Calcium: 213.34mg (21.33%), Vitamin B2: 0.36mg (21.19%), Vitamin B12: 0.91µg (15.17%), Vitamin A: 657.59IU (13.15%), Zinc: 1.66mg (11.09%), Vitamin B5: 1.02mg (10.15%), Vitamin D: 1.51µg (10.09%), Vitamin K: 9.79µg (9.33%), Vitamin B6: 0.16mg (8.21%), Folate: 27.46µg (6.86%), Vitamin B1: 0.1mg (6.6%), Vitamin E: 0.83mg (5.56%), Potassium: 186.29mg (5.32%), Iron: 0.95mg (5.26%), Magnesium: 18.52mg (4.63%), Vitamin B3: 0.85mg (4.24%), Copper: 0.05mg (2.54%), Manganese: 0.04mg (1.78%)