



Bacon, Leek and Spaghetti Frittata

READY IN



27 min.

SERVINGS



5

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1.5 cups pasta like spaghetti cooked
- ☐ 8 large eggs lightly beaten
- ☐ 2 large leeks white halved lengthwise thin
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

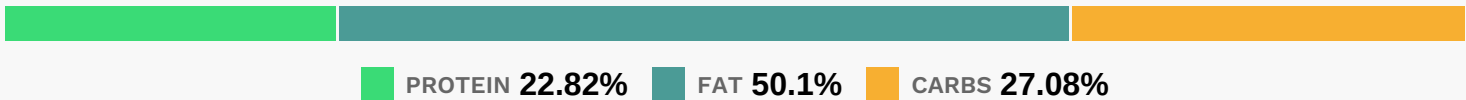
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 400F. Warm an ovenproof nonstick skillet over medium-high heat.
- ☐ Add bacon and cook, stirring, until crisp, about 5 minutes.
- ☐ Remove and drain on paper towel-lined plate.
- ☐ Pour off all but 2 tablespoons fat from skillet and add leeks. Cook, stirring, until softened, about 5 minutes. Return bacon to skillet, add spaghetti and stir.
- ☐ Season eggs with 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Whisk in milk.
- ☐ Pour into skillet and stir. Cook, lifting sides of frittata with a spatula to let eggs flow underneath, until lightly browned around edges, about 5 minutes.
- ☐ Sprinkle Parmesan on top, transfer to oven and bake, uncovered, until firm in the center and lightly browned on top, about 7 minutes. Use a spatula to loosen frittata and slide onto a work surface.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:7.47, Inflammation Score:-6, Nutrition Score:14.010434834853%

Flavonoids

Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 287.56kcal (14.38%), Fat: 15.8g (24.31%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.8g (6.47%), Sugar: 2.22g (2.47%), Cholesterol: 311.3mg (103.77%), Sodium: 504.54mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Selenium: 40.11µg (57.3%), Vitamin B2: 0.41mg (24.36%), Phosphorus: 240.66mg (24.07%), Vitamin A: 1057.85IU (21.16%), Manganese: 0.34mg (17.24%), Vitamin K: 17.19µg (16.37%), Folate: 63.48µg (15.87%), Iron: 2.79mg (15.47%), Vitamin B6: 0.29mg (14.61%), Vitamin B5: 1.45mg (14.54%), Vitamin B12: 0.86µg (14.27%), Vitamin D: 1.75µg (11.64%), Zinc: 1.58mg (10.52%), Calcium: 101.27mg (10.13%), Vitamin E: 1.28mg (8.51%), Magnesium: 31.02mg (7.75%), Vitamin B1: 0.11mg (7.64%), Copper: 0.15mg (7.6%), Potassium: 240.02mg (6.86%), Fiber: 1.42g (5.69%), Vitamin B3: 1.09mg (5.46%), Vitamin C: 4.27mg (5.18%)