



Bacon & ricotta oven-baked frittata

READY IN



40 min.

SERVINGS



4

CALORIES



528 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 knob butter
- ☐ 2 leeks trimmed sliced
- ☐ 8 rashers back bacon fat removed chopped
- ☐ 6 eggs beaten
- ☐ 250 g pack ricotta
- ☐ 100 ml single cream
- ☐ 1 small bunch chives chopped
- ☐ 4 servings salad and crusty bread

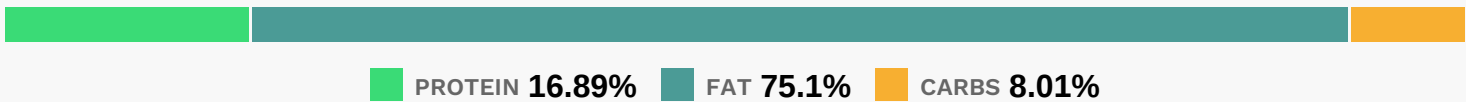
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line a 20 x 30cm roasting tin with baking parchment. Melt the butter in a frying pan and cook the leeks for 8–10 mins until soft, adding a splash of water if they start to stick, then tip into a bowl.
- ☐ Add the bacon to the pan and fry for 5 mins until crisp.
- ☐ Add to the leeks and leave to cool.
- ☐ Add remaining ingredients to the leeks and bacon, mix well and season.
- ☐ Pour into the lined roasting tin and cook for about 20–25 mins until set.
- ☐ Serve cut into squares with salad and crusty bread.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:17.168695460195%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 528.16kcal (26.41%), Fat: 44.08g (67.82%), Saturated Fat: 20.71g (129.42%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 9.72g (3.54%), Sugar: 2.24g (2.49%), Cholesterol: 345.76mg (115.25%), Sodium: 494.79mg (21.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.61%), Selenium: 39.09µg (55.84%), Vitamin A: 1823.18IU (36.46%), Phosphorus: 326.66mg (32.67%), Vitamin B2: 0.51mg (30.07%), Vitamin K:

24.99µg (23.8%), Calcium: 214.92mg (21.49%), Vitamin B6: 0.37mg (18.47%), Vitamin B12: 1.08µg (17.99%), Folate: 70.45µg (17.61%), Vitamin B5: 1.53mg (15.29%), Zinc: 2.23mg (14.89%), Iron: 2.57mg (14.28%), Vitamin B1: 0.2mg (13.12%), Manganese: 0.25mg (12.52%), Vitamin D: 1.77µg (11.82%), Vitamin E: 1.71mg (11.39%), Vitamin B3: 2.13mg (10.65%), Potassium: 353.81mg (10.11%), Magnesium: 35.15mg (8.79%), Vitamin C: 6.07mg (7.36%), Copper: 0.14mg (6.87%), Fiber: 0.85g (3.39%)