



## Canadian Bacon and Potato Frittata

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1.5 cups eggs fat-free
- 2 tablespoons chives fresh chopped
- 2 tablespoons skim milk fat-free (skim)
- 0.3 teaspoon salt
- 0.1 teaspoon thyme leaves dried
- 0.1 teaspoon pepper
- 0.3 cup bell pepper green red chopped
- 2 cups hash browns refrigerated southern-style

- 0.5 cup canadian bacon cooked coarsely chopped
- 2 tablespoons cheddar cheese shredded

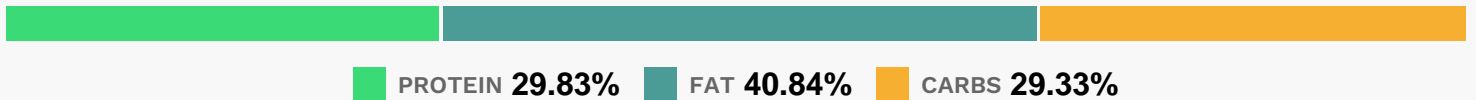
## Equipment

- bowl
- frying pan

## Directions

- Beat egg product, chives, milk, salt, thyme and pepper in medium bowl; set aside.
- Spray 10-inch nonstick skillet with cooking spray.
- Add bell pepper; cook and stir over medium heat 1 minute.
- Add potatoes; cover and cook 8 to 10 minutes, stirring frequently until potatoes begin to brown. Stir in Canadian bacon; cook and stir 1 to 2 minutes or until thoroughly heated.
- Add egg mixture to skillet; cover and cook over medium-low heat until set, 6 to 9 minutes, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet.
- Sprinkle with cheese. Cover; cook until cheese is melted, about 1 minute longer.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:55.81, Glycemic Load:5.51, Inflammation Score:-5, Nutrition Score:16.745217344035%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 285.26kcal (14.26%), Fat: 12.86g (19.78%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 19.09g (6.94%), Sugar: 0.98g (1.09%), Cholesterol: 358.25mg (119.42%), Sodium: 596.4mg (25.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Selenium: 37.05µg (52.93%),

Phosphorus: 332.03mg (33.2%), Vitamin B2: 0.52mg (30.31%), Vitamin B1: 0.37mg (24.83%), Vitamin C: 17.07mg (20.69%), Vitamin B6: 0.39mg (19.61%), Vitamin B5: 1.95mg (19.49%), Vitamin B3: 3.73mg (18.63%), Vitamin D: 2.76µg (18.39%), Vitamin B12: 1.1µg (18.3%), Iron: 2.91mg (16.14%), Potassium: 564.51mg (16.13%), Zinc: 2.02mg (13.46%), Vitamin A: 653.02IU (13.06%), Folate: 51.8µg (12.95%), Calcium: 106.77mg (10.68%), Manganese: 0.21mg (10.63%), Copper: 0.19mg (9.71%), Magnesium: 31.33mg (7.83%), Vitamin E: 1.09mg (7.26%), Fiber: 1.69g (6.76%), Vitamin K: 4.36µg (4.15%)