



# Caramelized Onion, Pancetta and Goat Cheese Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



1271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 teaspoon butter
- 1 teaspoon olive oil
- 1 medium onion sweet thinly sliced
- 4 oz pancetta (italian-style chopped)
- 2 tablespoons butter
- 8 24 farm-raised oysters on the half-shell lakes®
- 0.3 cup milk

- 1 serving salt and pepper to taste
- 1 cup goat cheese crumbled (goat)
- 1 oz parmesan shredded

## Equipment

- bowl
- frying pan
- oven
- whisk
- spatula

## Directions

- In 10-inch ovenproof skillet, heat 1 teaspoon butter and the oil over medium heat until butter is melted. Cook onions in butter mixture 20 minutes, stirring frequently, until soft.
- Add pancetta; cook until crisp.
- Drain all but 1 tablespoon drippings from skillet; add 2 tablespoons butter to skillet.
- In medium bowl, beat eggs, milk, salt and pepper with fork or wire whisk until well mixed; pour over pancetta mixture in hot skillet.
- Sprinkle 1/2 cup goat cheese over egg mixture. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 minutes or until eggs are thickened but still moist; remove from heat.
- Sprinkle remaining goat cheese and the Parmesan cheese over top of egg mixture.
- Set oven control to broil. Broil with top of skillet 6 inches from heat 1 to 2 minutes or until eggs are set and top is just beginning to brown. To serve, cut into 8 wedges.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:41.798695543538%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

## Nutrients (% of daily need)

Calories: 1270.72kcal (63.54%), Fat: 70.11g (107.85%), Saturated Fat: 20.72g (129.52%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.73g (3.03%), Cholesterol: 529.6mg (176.53%), Sodium: 1193.99mg (51.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 146g (291.99%), Vitamin B12: 26.14µg (435.59%), Phosphorus: 1973.51mg (197.35%), Selenium: 78.63µg (112.33%), Vitamin B3: 19.71mg (98.56%), Potassium: 2818.38mg (80.53%), Vitamin B6: 1.56mg (77.82%), Vitamin B5: 6.39mg (63.91%), Vitamin B2: 0.9mg (52.84%), Vitamin E: 7.59mg (50.6%), Magnesium: 183.52mg (45.88%), Zinc: 4.93mg (32.9%), Copper: 0.53mg (26.3%), Folate: 103.29µg (25.82%), Vitamin K: 20.21µg (19.25%), Vitamin B1: 0.26mg (17.45%), Calcium: 173.05mg (17.31%), Iron: 2.81mg (15.6%), Vitamin D: 2.07µg (13.81%), Manganese: 0.2mg (9.87%), Vitamin A: 450.88IU (9.02%), Vitamin C: 1.99mg (2.41%), Fiber: 0.37g (1.49%)