



Cauliflower, Bacon, and Parmesan Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 pound bacon
- ☐ 1 tablespoon butter
- ☐ 1.3 pounds cauliflower cut into small florets
- ☐ 8 large eggs
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 0.3 cup cup heavy whipping cream light

- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmesan grated
- ☐ 0.3 teaspoon salt

Equipment

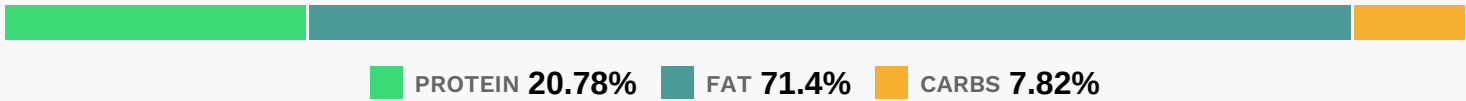
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ In a 10-inch nonstick frying pan, cook the bacon until crisp.
- ☐ Remove.
- ☐ Pour off all the fat. In a large bowl, beat the eggs with the cream,Parmesan, parsley, and pepper until smooth.
- ☐ Add the cooled bacon.
- ☐ In the same frying pan, heat the oil with the butter over moderately high heat.
- ☐ Add the cauliflower and salt and cook, stirring occasionally, until the cauliflower is golden and almost done, 10 to 15 minutes.
- ☐ Add the garlic and cook, stirring, 1 minute longer.
- ☐ Pour in the egg mixture and reduce the heat to low. Cook, covered, until the bottom of the frittata is golden brown and the top is almost set, 10 to 15 minutes.
- ☐ Heat the broiler. Broil the frittata 6 inches from the heat, if possible, until the eggs are set and beginning to brown, about 3 minutes.
- ☐ Lift up the edge of the frittata with a spatula and slide the frittata onto a plate.
- ☐ Cut it into wedges.
- ☐ Test-Kitchen Tip: If the handle of your frying pan isn't ovenproof you can make it so. Protect it from the heat of the broiler by wrapping it with four layers of aluminum foil.

Wine Recommendation: Cheese and eggs both work well with red wine; their richness blunts the wine's tannin, while accentuating its fruitiness. A simple Chianti or Chianti Classico will be delightful.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:28.525217180667%

Flavonoids

Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 545.49kcal (27.27%), Fat: 43.65g (67.16%), Saturated Fat: 17.81g (111.31%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 7.73g (2.81%), Sugar: 3.36g (3.73%), Cholesterol: 437.34mg (145.78%), Sodium: 949.66mg (41.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.59g (57.17%), Vitamin C: 73.37mg (88.93%), Vitamin K: 77.05µg (73.38%), Selenium: 43.44µg (62.06%), Phosphorus: 494.11mg (49.41%), Calcium: 409.19mg (40.92%), Vitamin B2: 0.68mg (40.03%), Folate: 135.11µg (33.78%), Vitamin B6: 0.57mg (28.74%), Vitamin B5: 2.84mg (28.35%), Vitamin A: 1288.29IU (25.77%), Vitamin B12: 1.38µg (22.96%), Potassium: 690.7mg (19.73%), Zinc: 2.82mg (18.77%), Vitamin E: 2.63mg (17.54%), Iron: 2.96mg (16.43%), Manganese: 0.32mg (15.97%), Vitamin D: 2.36µg (15.72%), Vitamin B1: 0.21mg (14.16%), Magnesium: 51.49mg (12.87%), Fiber: 3.01g (12.05%), Vitamin B3: 2.07mg (10.36%), Copper: 0.16mg (8.15%)