



Cheesy Bacon Frittata

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 12 slices oscar mayer bacon fully cooked cut into 1-inch pieces
- 8 eggs
- 0.3 cup green onions sliced
- 0.3 cup milk
- 0.3 tsp pepper
- 1 cup sharp cheddar cheese shredded kraft
- 0.5 cup tomatoes seeded chopped

Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 350F.
- Beat eggs and milk with whisk in medium bowl until well blended. Stir in remaining ingredients.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 35 to 40 min. or until center is set and frittata is puffed and golden brown.

Nutrition Facts

PROTEIN 20.37% **FAT 76.37%** **CARBS 3.26%**

Properties

Glycemic Index:3.34, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.449565205885%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 42.54kcal (2.13%), Fat: 3.58g (5.5%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.15g (0.16%), Cholesterol: 32.08mg (10.69%), Sodium: 60.38mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Selenium: 3.89µg (5.56%), Phosphorus: 33.75mg (3.37%), Vitamin B2: 0.05mg (2.88%), Calcium: 22.36mg (2.24%), Vitamin B12: 0.12µg (1.99%), Vitamin A: 83.7IU (1.67%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.59µg (1.52%), Vitamin B6: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.31%), Vitamin D: 0.19µg (1.26%), Vitamin B3: 0.23mg (1.16%), Folate: 4.44µg (1.11%)