



Cheesy Chorizo Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 oz baby spinach leaves
- 1.5 cups habanero cheese shredded hot divided kraft
- 2 cups cherry tomatoes halved
- 0.3 lb mexican chorizo crumbled
- 6 eggs
- 4 green onions sliced
- 0.5 cup milk

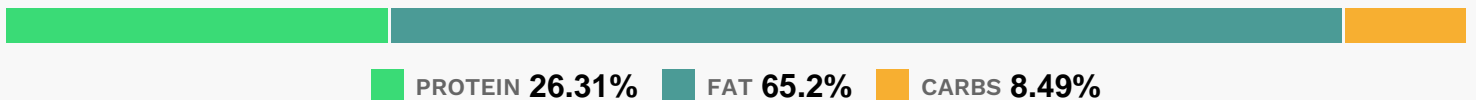
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 375F.
- Cook chorizo in large ovenproof skillet on medium-high heat until done, stirring frequently.
- Remove chorizo from skillet, reserving drippings in skillet. Set chorizo aside.
- Add spinach to skillet; cook 2 min. or just until wilted, stirring frequently. Stir in tomatoes and onions.
- Remove from heat.
- Whisk eggs and milk in medium bowl until blended; stir in 1 cup cheese.
- Add to ingredients in skillet; stir just until blended. Top with remaining cheese.
- Bake 25 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:20.44086953868%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 262.4kcal (13.12%), Fat: 19.01g (29.24%), Saturated Fat: 8.9g (55.59%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.78g (3.08%), Cholesterol: 206.18mg (68.73%), Sodium: 284.29mg (12.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Vitamin K: 155.75µg (148.33%), Vitamin A: 3602.07IU (72.04%), Selenium: 22.47µg (32.1%), Calcium: 288.67mg (28.87%), Phosphorus: 267.8mg (26.78%),

Vitamin C: 20.79mg (25.21%), Vitamin B2: 0.42mg (24.98%), Folate: 93.19µg (23.3%), Manganese: 0.34mg (16.76%), Iron: 2.4mg (13.36%), Vitamin B12: 0.8µg (13.35%), Zinc: 1.94mg (12.92%), Potassium: 401.52mg (11.47%), Magnesium: 43.81mg (10.95%), Vitamin E: 1.58mg (10.54%), Vitamin B6: 0.21mg (10.3%), Vitamin B5: 0.96mg (9.56%), Vitamin D: 1.27µg (8.49%), Copper: 0.12mg (6.1%), Vitamin B1: 0.08mg (5.44%), Fiber: 1.18g (4.72%), Vitamin B3: 0.58mg (2.9%)