



Chicken Apple Sausage Frittata

READY IN



25 min.

SERVINGS



4

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 teaspoon pepper black
- 0.5 pound chicken-apple sausage
- 8 eggs
- 2 9-inch flour tortillas ()
- 0.3 cup jack cheese shredded
- 2 tablespoons jalapeño diced finely
- 0.5 cup milk
- 2 tablespoons olive oil extra-virgin divided
- 0.5 teaspoon paprika

- 0.5 cup bell pepper red
- 0.5 cup onion diced red
- 1 teaspoon salt
- 0.5 cup scallions diced
- 0.5 teaspoon sea salt
- 0.3 cup cheddar shredded
- 0.5 cup tomatoes diced

Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In a saute pan over medium-high heat, add 2 tablespoons oil and the chicken sausage, onions, jalapenos, peppers and saute until vegetables have softened.
- In medium bowl, mix eggs, milk, paprika and salt and pepper.
- Add chicken sausage and vegetable mixture and eggs together.
- Heat a medium saute pan over medium heat and add 1 teaspoon olive oil, and pour in egg mixture. Cook for 3 minutes on each side, mixture should be slightly firm and moist. In the mean time add tortillas to oven and toast for 3 to 5 minutes until golden brown, then remove.
- Remove frittata from pan, place one tortilla on bottom of pan and spread with 1/2 of the cheese, place cooked frittata on top, and top frittata with second tortilla. Top tortilla with remaining cheese and place pan in oven for 5 minutes or until cheese melts.
- Remove from oven and garnish with scallions and tomatoes.

Nutrition Facts



■ PROTEIN 24.77% ■ FAT 64.61% ■ CARBS 10.62%

Properties

Glycemic Index:83.5, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:18.519130426904%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 400.44kcal (20.02%), Fat: 29.13g (44.82%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.04g (3.29%), Sugar: 5.3g (5.89%), Cholesterol: 384.4mg (128.13%), Sodium: 1685.99mg (73.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Vitamin C: 39.91mg (48.38%), Selenium: 31µg (44.28%), Vitamin A: 1919.87IU (38.4%), Vitamin K: 35.7µg (34%), Vitamin B2: 0.55mg (32.26%), Phosphorus: 293.04mg (29.3%), Calcium: 211.21mg (21.12%), Vitamin E: 2.83mg (18.88%), Vitamin B12: 1.08µg (18.02%), Folate: 69.98µg (17.49%), Vitamin B5: 1.65mg (16.54%), Vitamin B6: 0.32mg (15.9%), Iron: 2.63mg (14.59%), Vitamin D: 2.18µg (14.54%), Zinc: 1.92mg (12.83%), Potassium: 357.31mg (10.21%), Manganese: 0.19mg (9.75%), Magnesium: 29.38mg (7.34%), Fiber: 1.72g (6.88%), Vitamin B1: 0.1mg (6.35%), Copper: 0.11mg (5.68%), Vitamin B3: 0.64mg (3.2%)