



Chorizo and Potato Frittata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 4 oz mexican chorizo sausage
- ☐ 8 large eggs
- ☐ 0.5 cup olive oil
- ☐ 1 small onion diced
- ☐ 6 servings salt and pepper
- ☐ 3 medium yukon gold potatoes peeled cut into 1/2-inch cubes (2 cups)

Equipment

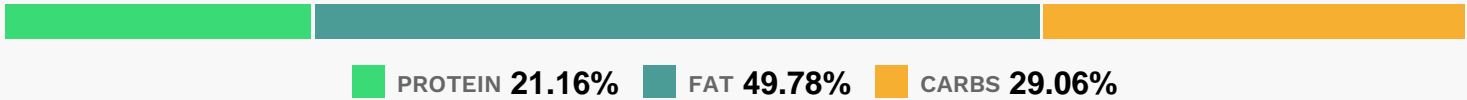
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350F. In an 8-inch ovenproof skillet, warm olive oil over medium-low heat.
- ☐ Add potatoes in a single layer and cook, turning once, until just tender and lightly browned, 10 minutes.
- ☐ Transfer potatoes to a plate with a slotted spoon.
- ☐ Pour off all but 1 Tbsp. of oil, reserving 2 tsp., and add onion and chorizo to pan. Raise heat to medium-high and cook, breaking apart chorizo with a wooden spoon, until onion is translucent and chorizo is cooked through, 5 minutes.
- ☐ Transfer to plate with potatoes.
- ☐ Pour reserved 2 tsp. oil back into skillet and swirl to coat.
- ☐ Whisk eggs with salt and pepper until well combined. Stir in potato mixture and pour back into skillet. Reduce heat to medium-low and cook until egg begins to set but top remains soft, about 8 minutes.
- ☐ Transfer pan to oven and cook until top of frittata is set, 5 to 8 minutes longer.
- ☐ Remove from oven and let stand 5 minutes, then run a knife around edge of pan to loosen.
- ☐ Cut into slices and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:11.11, Inflammation Score:-4, Nutrition Score:11.173478240552%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 227.75kcal (11.39%), Fat: 12.5g (19.24%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.35g (5.22%), Sugar: 1.4g (1.56%), Cholesterol: 261.33mg (87.11%), Sodium: 294.28mg (12.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Selenium: 20.78µg (29.69%), Vitamin C: 21.04mg (25.5%), Vitamin B2: 0.34mg (19.71%), Vitamin B6: 0.38mg (18.9%), Phosphorus: 183.83mg (18.38%), Potassium: 466.96mg (13.34%), Vitamin B5: 1.29mg (12.88%), Folate: 47.15µg (11.79%), Iron: 2.08mg (11.57%), Vitamin B12: 0.59µg (9.89%), Vitamin A: 457.17IU (9.14%), Vitamin D: 1.33µg (8.89%), Fiber: 2.07g (8.27%), Manganese: 0.16mg (8.21%), Vitamin E: 1.23mg (8.19%), Zinc: 1.13mg (7.51%), Copper: 0.14mg (7.22%), Magnesium: 28.72mg (7.18%), Vitamin B1: 0.1mg (6.67%), Calcium: 54.18mg (5.42%), Vitamin B3: 0.96mg (4.8%), Vitamin K: 4.03µg (3.84%)