



Classic Havana Frittata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 medium baking potato peeled cut into 1/2-inch cubes
- ☐ 2 tablespoons butter
- ☐ 8 servings canola oil
- ☐ 8 large eggs
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons olive oil
- ☐ 1 large plantains ripe cut into 1/2-inch cubes
- ☐ 8 servings salt and pepper to taste

- ☐ 1 teaspoon paprika sweet
- ☐ 1 large onion diced yellow

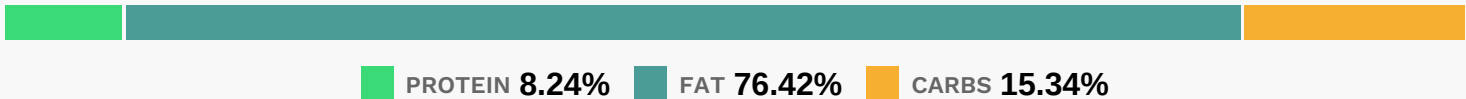
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Deep-fry the plantain and potato separately in the canola oil until golden brown.
- ☐ In a large bowl, whisk together the eggs and heavy cream; add the paprika, salt, and pepper.
- ☐ Place the olive oil and butter in a 10-inch sauté pan with an ovenproof handle over medium-high heat. When the butter has melted, add the onion and sauté until brown.
- ☐ Add the plantain and potato to the egg mixture, then pour it into the pan. Cook for 5 minutes, scraping the pan regularly so the bottom sets.
- ☐ Place under a broiler until golden brown, 7 to 10 minutes.
- ☐ Serve with a simple mesclun salad (optional).

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:10.125652199206%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 373.88kcal (18.69%), Fat: 32.36g (49.79%), Saturated Fat: 8.56g (53.5%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 13.49g (4.9%), Sugar: 5.52g (6.14%), Cholesterol: 210.33mg (70.11%), Sodium: 294.56mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.71%), Vitamin E: 4.03mg (26.85%), Selenium: 16.38µg (23.4%), Vitamin K: 21.21µg (20.2%), Vitamin A: 952.74IU (19.05%), Vitamin B2: 0.29mg (17.15%), Phosphorus: 136.49mg (13.65%), Vitamin B6: 0.26mg (13.21%), Vitamin B5: 0.98mg (9.85%), Potassium: 337.13mg (9.63%), Folate: 36.53µg (9.13%), Vitamin C: 7.11mg (8.62%), Vitamin D: 1.24µg (8.25%), Vitamin B12: 0.47µg (7.91%), Iron: 1.37mg (7.59%), Magnesium: 23.61mg (5.9%), Manganese: 0.12mg (5.84%), Zinc: 0.85mg (5.65%), Calcium: 47.85mg (4.78%), Vitamin B1: 0.07mg (4.55%), Copper: 0.09mg (4.54%), Fiber: 1.13g (4.53%), Vitamin B3: 0.52mg (2.61%)