

# Colette's Smoked Sausage Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 6 eggs
- 0.5 cup milk
- 0.3 cup onion diced
- 6 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded divided
- 1.5 cups andouille smoked sliced
- 0.3 cup cream sour

## Equipment

- frying pan
- oven
- knife
- whisk

## Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Cook the sausage and onion in an oven-proof skillet over medium heat until the sausage has browned, about 10 minutes.
- Drain excess grease from the skillet.
- Whisk together the eggs, milk, sour cream, salt, and pepper.
- Sprinkle the sausage with 1 cup of the Cheddar cheese, then pour the egg mixture otop.
- Bake in the preheated oven until a knife inserted into the center comes out clean, about 18 minutes.
- Sprinkle with the remaining Cheddar cheese, and return to the oven until the cheese has melted.
- Cut into wedges to serve.

## Nutrition Facts

**PROTEIN 21.09%** **FAT 74.53%** **CARBS 4.38%**

## Properties

Glycemic Index:15.33, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:12.390434695327%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 381.33kcal (19.07%), Fat: 31.25g (48.07%), Saturated Fat: 13.33g (83.31%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 4.02g (1.46%), Sugar: 1.84g (2.05%), Cholesterol: 239.96mg (79.99%), Sodium: 928.99mg (40.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Selenium: 29.65µg (42.35%),

Phosphorus: 306.45mg (30.64%), Vitamin B12: 1.67µg (27.84%), Vitamin B2: 0.47mg (27.49%), Calcium: 264.65mg (26.46%), Zinc: 2.92mg (19.45%), Vitamin D: 1.89µg (12.61%), Vitamin B1: 0.19mg (12.56%), Vitamin A: 613.44IU (12.27%), Vitamin B5: 1.15mg (11.55%), Vitamin B6: 0.21mg (10.71%), Vitamin B3: 1.9mg (9.5%), Iron: 1.4mg (7.78%), Folate: 30.7µg (7.68%), Potassium: 241.04mg (6.89%), Magnesium: 23.73mg (5.93%), Vitamin E: 0.72mg (4.81%), Copper: 0.08mg (3.97%), Manganese: 0.05mg (2.35%)