



## Corn, Ham and Scallion Frittata

 Gluten Free

READY IN



38 min.

SERVINGS



20

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 8 large eggs
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 10 oz corn frozen thawed
- ☐ 1.5 cups ham steak chopped
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup spring onion sliced

- ☐ 1 cup cheddar cheese shredded
- ☐ 2 tablespoons butter unsalted

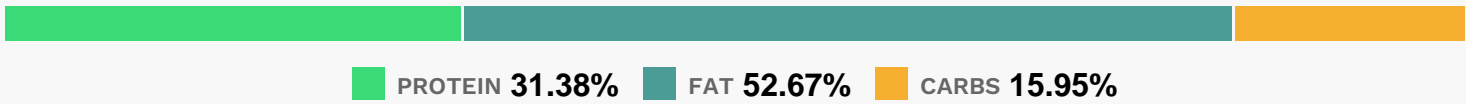
## Equipment

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

## Directions

- ☐ Position oven rack about 8 inches from broiler and preheat broiler to high. In a large bowl, whisk eggs and milk until well combined.
- ☐ Whisk in salt and pepper.
- ☐ Melt butter in a 10-inch nonstick ovenproof skillet over high heat.
- ☐ Add ham; saut until just beginning to turn golden, 3 to 5 minutes.
- ☐ Add corn and thyme and saut until corn is warmed through, about 2 minutes longer. Reduce heat to medium-low, pour in egg mixture, top with scallions and cheese and cook, stirring, for 2 minutes. Stop stirring and cook undisturbed until bottom is just firm, about 5 minutes.
- ☐ Transfer skillet to oven and broil until top is set and edges are barely beginning to brown, 1 to 2 minutes, watching carefully to prevent overcooking.
- ☐ Remove from oven, cover and let stand for 5 minutes.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:5.8221739167752%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 100.28kcal (5.01%), Fat: 5.93g (9.13%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.3g (0.33%), Cholesterol: 91.41mg (30.47%), Sodium: 351.12mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Selenium: 10.69µg (15.27%), Phosphorus: 128.7mg (12.87%), Vitamin B1: 0.17mg (11.3%), Vitamin B2: 0.17mg (10.16%), Vitamin C: 7.78mg (9.43%), Vitamin B6: 0.13mg (6.68%), Vitamin B12: 0.4µg (6.62%), Zinc: 0.95mg (6.36%), Calcium: 59.87mg (5.99%), Vitamin B3: 1.18mg (5.91%), Vitamin K: 5.52µg (5.26%), Vitamin B5: 0.5mg (4.98%), Vitamin A: 246.8IU (4.94%), Folate: 18.77µg (4.69%), Potassium: 145.58mg (4.16%), Iron: 0.73mg (4.08%), Magnesium: 13.33mg (3.33%), Vitamin D: 0.49µg (3.26%), Manganese: 0.05mg (2.43%), Copper: 0.04mg (2.12%), Fiber: 0.52g (2.07%), Vitamin E: 0.3mg (2%)