



## Crispy Prosciutto and Scallion Frittata

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 4 cups arugula ( 2 bunches)
- ☐ 0.3 teaspoon pepper black
- ☐ 8 large eggs
- ☐ 4 ounces goat cheese crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan grated
- ☐ 4 ounces pancetta thinly sliced

- ☐ 6 scallions light white green thinly sliced ( and parts)
- ☐ 3 tablespoons milk whole

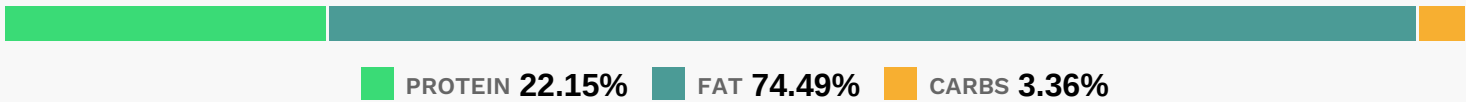
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

## Directions

- ☐ Heat oven to 350 F.
- ☐ Heat 1 tablespoon of the oil in a large, ovenproof nonstick skillet over medium heat.
- ☐ Add the scallions and cook, stirring, for 1 1/2 minutes.
- ☐ Add the prosciutto and cook, stirring occasionally, until slightly crisp, 3 to 4 minutes. Meanwhile, in a medium bowl, whisk together the eggs, milk, Parmesan, and pepper.
- ☐ Add the cooked scallions and prosciutto.
- ☐ Pour the egg mixture into the skillet and stir to distribute the ingredients.
- ☐ Bake until browned around the edges and puffed (a knife should come out clean), 15 to 20 minutes. Meanwhile, divide the arugula among individual plates.
- ☐ Drizzle with the remaining olive oil, sprinkle with the salt, and top with the goat cheese.
- ☐ Cut the frittata into triangles and serve with the salad. Tip: If you dont own an ovenproof nonstick skillet, use a seasoned cast-iron pan instead.

## Nutrition Facts



## Properties

Glycemic Index:40.25, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:21.632608735043%

## 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: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.22mg, Kaempferol: 7.22mg, Kaempferol: 7.22mg, Kaempferol: 7.22mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 502.27kcal (25.11%), Fat: 41.43g (63.74%), Saturated Fat: 15.04g (94%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.11g (2.34%), Cholesterol: 414.74mg (138.25%), Sodium: 819.21mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.45%), Vitamin K: 66.67µg (63.5%), Selenium: 40.77µg (58.24%), Phosphorus: 438.39mg (43.84%), Vitamin B2: 0.68mg (40.12%), Vitamin A: 1627.01IU (32.54%), Calcium: 324.48mg (32.45%), Vitamin B12: 1.32µg (21.94%), Vitamin B5: 2.09mg (20.92%), Folate: 82.34µg (20.58%), Vitamin E: 2.96mg (19.72%), Vitamin B6: 0.36mg (18.1%), Iron: 3.15mg (17.51%), Zinc: 2.49mg (16.58%), Copper: 0.33mg (16.4%), Vitamin D: 2.42µg (16.14%), Vitamin B1: 0.17mg (11.25%), Potassium: 356.69mg (10.19%), Magnesium: 40.74mg (10.19%), Manganese: 0.17mg (8.6%), Vitamin C: 6.38mg (7.74%), Vitamin B3: 1.54mg (7.72%), Fiber: 0.82g (3.28%)