



Dinner Tonight: Frittata with Potatoes, Bacon, and Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



564 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 pound bacon
- ☐ 4 eggs
- ☐ 0.5 cup mint leaves chopped
- ☐ 1.5 cups onion red
- ☐ 1 large baking potatoes diced
- ☐ 2 servings salt and pepper

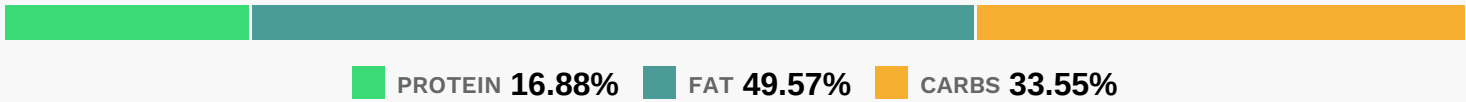
Equipment

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

Directions

- ☐ Preheat the broiler.
- ☐ Cut the bacon into 1/2 inch pieces.
- ☐ Saute them in a pan over medium heat until they are crispy and have rendered their fat.
- ☐ Remove them from the pan and add the onion and the potatoes. Cook for 10 to 15 minutes, or until the potatoes are soft.
- ☐ Remove them from the pan. Wipe the pan clean.
- ☐ Crack the eggs into a large bowl and whisk until combined.
- ☐ Add the potatoes, bacon, mint and onion. Stir until combined.
- ☐ Pour the tablespoon of oil into the now clean pan. Turn the heat to medium high, then pour in the egg mixture. Cook for 6 minutes. Then place it underneath the broiler for 1 to 2 minutes, or until golden brown. Slide onto a plate. Season with salt and pepper, carve like a pie.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:28.7, Inflammation Score:-8, Nutrition Score:24.135652459186%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

Nutrients (% of daily need)

Calories: 563.91kcal (28.2%), Fat: 31.25g (48.07%), Saturated Fat: 10.42g (65.12%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 42.24g (15.36%), Sugar: 6.56g (7.29%), Cholesterol: 364.78mg (121.59%), Sodium: 711.61mg (30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.87%), Selenium: 39.75µg (56.79%), Vitamin B6: 1.1mg (54.77%), Phosphorus: 400.37mg (40.04%), Potassium: 1242.32mg (35.49%), Vitamin B2: 0.57mg (33.61%), Manganese: 0.61mg (30.41%), Vitamin C: 22.97mg (27.85%), Vitamin B1: 0.41mg (27.16%), Folate: 102.82µg (25.7%), Vitamin B5: 2.4mg (24.05%), Iron: 4.18mg (23.25%), Vitamin B3: 4.59mg (22.94%), Fiber: 5.34g (21.35%), Magnesium: 80.8mg (20.2%), Vitamin A: 978.32IU (19.57%), Copper: 0.36mg (18.06%), Zinc: 2.67mg (17.79%), Vitamin B12: 1.07µg (17.78%), Vitamin D: 1.99µg (13.25%), Calcium: 131.16mg (13.12%), Vitamin E: 1.21mg (8.07%), Vitamin K: 4.07µg (3.87%)