



Easy Cheesy Frittata

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



21 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 4 egg whites
- 0.3 cup basil fresh chopped
- 1 cup milk mozzarella cheese shredded 2% divided kraft
- 0.5 cup tomatoes seeded chopped
- 2 Tbsp water
- 4 eggs whole

Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 350F.
- Whisk whole eggs, egg whites and water in medium bowl until blended.
- Add tomatoes, bacon, basil and 1/2 cup cheese; mix well.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 25 min. or until knife inserted in center comes out clean.
- Sprinkle with remaining cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.95565216988325%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 21.21kcal (1.06%), Fat: 1.49g (2.29%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.18g (0.07%), Sugar: 0.12g (0.13%), Cholesterol: 19.31mg (6.44%), Sodium: 36.2mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Selenium: 2.65µg (3.78%), Vitamin B2: 0.04mg (2.5%), Phosphorus: 21.19mg (2.12%), Vitamin B12: 0.11µg (1.85%), Calcium: 17.34mg (1.73%), Vitamin A: 66.52IU (1.33%), Zinc: 0.16mg (1.05%)