



## Easy Herb Frittata

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**40**

CALORIES



**30 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 8 eggs
- 3 Tbsp cilantro leaves fresh divided chopped
- 1 cup oscar mayer carving board slow ham cooked chopped
- 1 cup mozzarella cheese shredded divided kraft
- 2 Tbsp water

### Equipment

- bowl
- oven

whisk

## Directions

Heat oven to 350F.

Whisk eggs and water in medium bowl until blended. Stir in ham, 1/2 cup cheese and 2 Tbsp. cilantro.

Pour into 9-inch pie plate sprayed with cooking spray; top with remaining cheese.

Bake 30 min. or until top is puffed and golden brown.

Sprinkle with remaining cilantro.

## Nutrition Facts

**PROTEIN 34.41%** **FAT 63.85%** **CARBS 1.74%**

## Properties

Glycemic Index:1.48, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4078260955765%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 29.5kcal (1.47%), Fat: 2.05g (3.15%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.12g (0.05%), Sugar: 0.06g (0.07%), Cholesterol: 37.12mg (12.37%), Sodium: 71.65mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Selenium: 3.97µg (5.67%), Phosphorus: 34.84mg (3.48%), Vitamin B2: 0.06mg (3.29%), Vitamin B12: 0.16µg (2.74%), Calcium: 19.36mg (1.94%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.69%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.03mg (1.47%), Vitamin D: 0.21µg (1.41%), Vitamin A: 68.47IU (1.37%), Folate: 4.46µg (1.11%), Iron: 0.2mg (1.1%)