



## Easy Oven Frittata

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**40**

CALORIES



**23 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 8 eggs
- 0.3 cup basil fresh chopped
- 2 Tbsp oscar mayer real bacon bits
- 1 cup mozzarella cheese shredded divided kraft
- 0.5 cup tomatoes seeded chopped
- 2 Tbsp water

### Equipment

- bowl

- oven
- knife
- whisk

## Directions

- Heat oven to 350F.
- Whisk eggs and water in medium bowl until blended. Reserve 1/2 cup cheese.
- Add remaining cheese to eggs along with tomatoes, basil and bacon; mix well.
- Pour into 9-inch pie plate sprayed with cooking spray; sprinkle with reserved cheese.
- Bake 30 min. or until knife inserted in center comes out clean, and top is puffed and golden brown.

## Nutrition Facts

**PROTEIN 34.11%** **FAT 62.28%** **CARBS 3.61%**

## Properties

Glycemic Index:3.38, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1999999864594%

## 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: 22.6kcal (1.13%), Fat: 1.54g (2.37%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.11g (0.12%), Cholesterol: 35.45mg (11.82%), Sodium: 40.69mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Selenium: 3.18µg (4.54%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 27.87mg (2.79%), Vitamin B12: 0.14µg (2.37%), Calcium: 19.54mg (1.95%), Vitamin A: 89.88IU (1.8%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.2mg (1.33%), Vitamin D: 0.19µg (1.25%), Folate: 4.71µg (1.18%)