




 **5%**  
HEALTH SCORE

# Potato-Chip Frittatas


 **Gluten Free**

READY IN




**30 min.**

SERVINGS



**6**

CALORIES



**253 kcal**

- MORNING MEAL
- BRUNCH
- BREAKFAST
- ANTIPASTI

## Ingredients

- 0.5 cup carrots shredded
- 5 eggs
- 0.5 cup leek sliced
- 1 tablespoon olive oil
- 0.5 cup onion sliced
- 6 servings potato chips
- 6 servings salt and pepper
- 4 tablespoons cheese shredded (such as cheddar or—our favorite—smoked provolone)

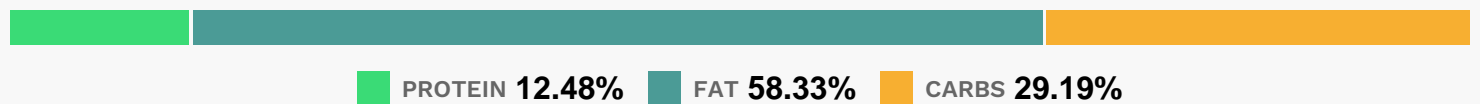
## Equipment

- frying pan
- oven
- knife
- whisk
- muffin tray

## Directions

- Preheat oven to 325°F.
- Whisk together the eggs, milk, salt, and pepper; set aside.
- Heat the oil in a skillet over medium heat.
- Add the leek and onion with a pinch of salt. Cook until tender, about 5 minutes.
- Add the carrot; cook for 1 minute more.
- Remove from heat.
- Grease a 6-cup muffin tin. Divide the cheese among the cups, then the vegetables.
- Pour in the egg mixture until each cup is three-quarters full.
- Add a few potato chips to each.
- Bake until cooked through, 12 to 15 minutes. Run a knife around the edges to loosen; serve.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:11.688695638076%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 253.25kcal (12.66%), Fat: 16.67g (25.64%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 17.25g (6.27%), Sugar: 1.65g (1.83%), Cholesterol: 140.88mg (46.96%), Sodium: 438.37mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin A: 2142.18IU (42.84%), Vitamin E: 3.79mg (25.23%), Selenium: 13.07µg (18.67%), Vitamin B5: 1.84mg (18.43%), Phosphorus: 145.7mg (14.57%), Manganese: 0.27mg (13.33%), Potassium: 457.92mg (13.08%), Vitamin B6: 0.26mg (13.06%), Vitamin B2: 0.22mg (12.96%), Vitamin K: 12.78µg (12.17%), Vitamin C: 8.55mg (10.37%), Folate: 35.06µg (8.76%), Vitamin B12: 0.46µg (7.59%), Vitamin B3: 1.52mg (7.58%), Iron: 1.26mg (6.97%), Magnesium: 27.87mg (6.97%), Zinc: 1mg (6.68%), Calcium: 66.14mg (6.61%), Vitamin B1: 0.09mg (6.24%), Fiber: 1.53g (6.11%), Copper: 0.11mg (5.58%), Vitamin D: 0.76µg (5.04%)