



Two-Cheese Egg Frittatas-to-Go

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



1133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz finely-chopped ham cooked thin (from deli)
- 12 large 24 farm-raised oysters on the half-shell
- 2 tablespoons parmesan cheese grated
- 0.7 cup colby cheese shredded
- 0.7 cup grape tomatoes chopped
- 1 pinch seasoning italian
- 1 serving salt and pepper to taste

Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Heat oven to 350 F. Spray 12 regular-size muffin cups with cooking spray; line each cup with ham slice (arrange to fit cup if necessary).
- In medium bowl, beat eggs with fork or wire whisk until well mixed.
- Add in all remaining ingredients; gently stir until blended.
- Divide egg mixture evenly among muffin cups.
- Bake about 20 minutes or until centers are set.

Nutrition Facts

PROTEIN 52.33% **FAT 47.45%** **CARBS 0.22%**

Properties

Glycemic Index:3.58, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:40.0856522231%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1133.07kcal (56.65%), Fat: 57.5g (88.47%), Saturated Fat: 13.72g (85.78%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.26g (0.29%), Cholesterol: 516.49mg (172.16%), Sodium: 1175.73mg (51.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 142.7g (285.39%), Vitamin B12: 26.26µg (437.64%), Phosphorus: 1931.98mg (193.2%), Selenium: 78.9µg (112.71%), Vitamin B3: 19.67mg (98.37%), Potassium: 2801.68mg (80.05%), Vitamin B6: 1.45mg (72.38%), Vitamin B5: 6.22mg (62.21%), Vitamin E: 7.36mg (49.07%), Vitamin B2: 0.82mg (48.47%), Magnesium: 178.1mg (44.53%), Zinc: 5.02mg (33.45%), Folate: 93.2µg (23.3%), Vitamin B1: 0.28mg (18.97%), Vitamin K: 19.82µg (18.87%), Copper: 0.32mg (15.9%), Calcium: 131.7mg (13.17%), Iron: 2.32mg (12.86%), Vitamin D: 1.85µg (12.32%), Manganese: 0.16mg (7.77%), Vitamin C: 5.54mg (6.71%), Vitamin A: 158.2IU (3.16%)