



Fridge Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 tablespoons basil pesto prepared
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup deli ham chopped
- ☐ 8 eggs
- ☐ 1 cup fries french leftover chopped (you could also use roasted potatoes, hash browns, tater tots, etc.)
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup peas frozen thawed

- ☐ 0.3 cup ricotta
- ☐ 0.5 teaspoon salt

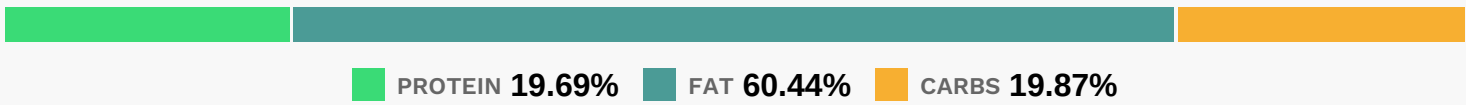
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a bowl, whisk the eggs.
- ☐ Whisk in the milk, salt and pepper. Set aside.
- ☐ Heat the olive oil in an ovenproof 10-inch cast-iron or nonstick skillet over medium heat.
- ☐ Add the french fries, ham and peas.
- ☐ Saute about 2 minutes.
- ☐ Pour in the egg mixture. Drop the ricotta by the teaspoonful around the pan. Do the same with the pesto.
- ☐ Transfer the skillet to the oven.
- ☐ Let cook until the eggs are set, 13 to 15 minutes.
- ☐ Serve immediately or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:4.35, Inflammation Score:-2, Nutrition Score:6.9639130882595%

Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 12.41g (19.09%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 7.64g (2.78%), Sugar: 0.95g (1.05%), Cholesterol: 142.41mg (47.47%), Sodium: 458.58mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.19%), Selenium: 14.76µg (21.08%), Phosphorus: 137.09mg (13.71%), Vitamin B2: 0.22mg (13.21%), Vitamin B1: 0.13mg (8.42%), Vitamin B6: 0.17mg (8.31%), Vitamin B5: 0.77mg (7.66%), Vitamin B12: 0.44µg (7.38%), Folate: 27.57µg (6.89%), Vitamin A: 343.77IU (6.88%), Zinc: 0.99mg (6.63%), Iron: 1.19mg (6.62%), Vitamin B3: 1.25mg (6.25%), Potassium: 218.19mg (6.23%), Fiber: 1.54g (6.15%), Vitamin D: 0.87µg (5.78%), Vitamin C: 4.39mg (5.32%), Manganese: 0.1mg (5.11%), Calcium: 49.96mg (5%), Vitamin E: 0.63mg (4.22%), Magnesium: 14.63mg (3.66%), Copper: 0.06mg (2.88%), Vitamin K: 2.91µg (2.78%)