



## Frittata Bites with Chard, Sausage, and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 large eggs
- ☐ 4.5 ounces feta cheese crumbled
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 20 servings parsley fresh italian
- ☐ 0.5 teaspoon salt

- ☐ 8 ounces ground sausage italian
- ☐ 12 ounce swiss chard

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ kitchen towels

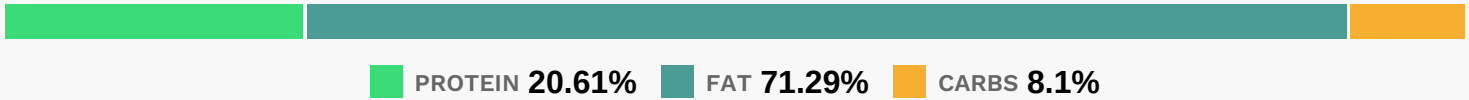
## Directions

- ☐ Preheat oven to 325°F. Spray 8 x 8 x 2-inch glass baking dish with nonstick spray. Bring large pot of salted water to boil.
- ☐ Add Swiss chard and cook just until wilted, about 2 minutes.
- ☐ Drain. Finely chop chard, then place in kitchen towel and squeeze dry. Set chard aside.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add onion to skillet and sauté until soft, 4 to 5 minutes.
- ☐ Add sausage and sauté until brown and cooked through, breaking up with fork, 5 to 7 minutes.
- ☐ Remove from heat and cool.
- ☐ Whisk eggs, cream, salt, and pepper in large bowl to blend.
- ☐ Add chard and cooled sausage mixture, then feta; stir to blend.
- ☐ Transfer mixture to prepared baking dish.
- ☐ Bake frittata until set in center, 45 to 55 minutes.
- ☐ Transfer baking dish to rack and cool frittata 15 to 20 minutes.
- ☐ Place platter atop dish with frittata. Using oven mitts, hold baking dish and platter firmly together and invert frittata onto platter; place another platter atop frittata and invert

again so that frittata is right sideup.

- ☐
- Cut frittata into 20 pieces. DO AHEAD: Can be made 1 day ahead.
- ☐
- Place frittata pieces on rimmed baking sheet. Cover and chill. Rewarm in 325°F oven until heated through, about 10 minutes.
- ☐
- Transfer frittata pieces to platter.
- ☐
- Garnish each piece with parsley; serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8.9, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:11.240434708803%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

## Nutrients (% of daily need)

Calories: 109.04kcal (5.45%), Fat: 8.68g (13.35%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.72g (0.8%), Cholesterol: 92.06mg (30.69%), Sodium: 281.77mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Vitamin K: 207.59µg (197.7%), Vitamin A: 1556.36IU (31.13%), Selenium: 10.2µg (14.57%), Vitamin C: 11.26mg (13.65%), Vitamin B2: 0.19mg (11.26%), Phosphorus: 91.47mg (9.15%), Vitamin B12: 0.39µg (6.56%), Vitamin B1: 0.1mg (6.45%), Vitamin B6: 0.13mg (6.31%), Calcium: 62.95mg (6.3%), Iron: 1.11mg (6.16%), Folate: 22.46µg (5.61%), Magnesium: 22.07mg (5.52%), Zinc: 0.77mg (5.13%), Manganese: 0.1mg (4.97%), Vitamin B5: 0.49mg (4.89%), Vitamin E: 0.7mg (4.69%), Potassium: 162.06mg (4.63%), Copper: 0.07mg (3.3%), Vitamin D: 0.47µg (3.15%), Vitamin B3: 0.58mg (2.89%), Fiber: 0.55g (2.21%)