



WHATSheATE



Frittata with Bacon, Fresh Ricotta, and Greens



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12 ounces bacon cut into 1/2- to 3/4-inch pieces
- ☐ 12 large eggs
- ☐ 12 cups mustard greens assorted packed coarsely chopped (; 12 ounces) (such as kale, chard, and mustard greens)
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup parmesan cheese divided freshly grated
- ☐ 1 cup shallots sliced
- ☐ 1.8 cups whole-milk ricotta cheese fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F. Cook bacon in 12-inch-diameter ovenproof nonstick skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Pour bacon drippings into bowl; reserve. Return 2 tablespoons drippings to skillet.
- ☐ Add shallots and sauté over medium heat until golden, about 4 minutes.
- ☐ Add half of greens and toss until beginning to wilt, about 1 minute.
- ☐ Add remaining greens and sauté until wilted, tender, and dry, about 15 minutes.
- ☐ Transfer greens to plate; cool.
- ☐ Rinse and dry skillet. Beat eggs and salt to blend in large bowl.
- ☐ Whisk in 3/4 cup Parmesan, then greens and half of bacon. Stir in ricotta, leaving some clumps.
- ☐ Heat 1 tablespoon reserved drippings in skillet over medium heat.
- ☐ Pour in egg mixture; spread greens evenly.
- ☐ Sprinkle remaining bacon and 1/4 cup Parmesan over eggs. Cook over medium heat until frittata is just set at edges, about 10 minutes.
- ☐ Transfer to oven and bake until just set, about 20 minutes.
- ☐ Cut around frittata to loosen; slide out onto platter.
- ☐ Let cool 30 minutes. Slice into wedges and serve.

Nutrition Facts



 **PROTEIN 24.83%**  **FAT 60.03%**  **CARBS 15.14%**

Properties

Glycemic Index:10.33, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:34.406956340956%

Flavonoids

Isorhamnetin: 18.14mg, Isorhamnetin: 18.14mg, Isorhamnetin: 18.14mg, Isorhamnetin: 18.14mg Kaempferol: 42.9mg, Kaempferol: 42.9mg, Kaempferol: 42.9mg, Kaempferol: 42.9mg Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg

Nutrients (% of daily need)

Calories: 565.63kcal (28.28%), Fat: 37.19g (57.22%), Saturated Fat: 13.27g (82.94%), Carbohydrates: 21.1g (7.04%), Net Carbohydrates: 16.26g (5.91%), Sugar: 7.26g (8.07%), Cholesterol: 435.4mg (145.13%), Sodium: 1105.27mg (48.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Vitamin K: 289.86µg (276.06%), Vitamin C: 81.55mg (98.85%), Vitamin A: 4093.6IU (81.87%), Selenium: 49.41µg (70.59%), Phosphorus: 473.93mg (47.39%), Calcium: 464.48mg (46.45%), Vitamin B2: 0.69mg (40.68%), Vitamin B6: 0.67mg (33.6%), Vitamin E: 3.65mg (24.31%), Iron: 4.37mg (24.27%), Potassium: 842.75mg (24.08%), Vitamin B12: 1.4µg (23.31%), Vitamin B5: 2.25mg (22.51%), Vitamin B1: 0.31mg (20.95%), Zinc: 3.12mg (20.79%), Fiber: 4.85g (19.38%), Folate: 74.85µg (18.71%), Magnesium: 68.76mg (17.19%), Vitamin B3: 3.34mg (16.72%), Copper: 0.32mg (16.11%), Vitamin D: 2.31µg (15.4%), Manganese: 0.16mg (8.2%)