



Frittata with Mustard Greens, Pancetta and Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 3 cup baby mustard greens loosely packed
- ☐ 1 cup fontina grated
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 2 tablespoon olive oil
- ☐ 1 cup pancetta diced
- ☐ 6 servings salt and pepper

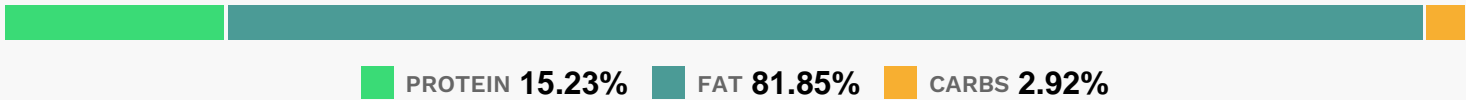
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Cut ¼ thin discs from the potatoes.
- ☐ Add 1 tbsp olive oil into a 10-inch cast iron skillet set over medium heat. Into the warm oil add pancetta. Once it had rendered some fat, but before it get too brown toss in 1 sliced shallot and 2 or 3 chopped green onions.
- ☐ Add the greens to the pan. When these soften some, mix them into the pancetta and onions mixture. Then gently add the potatoes in a single layer overlapping each other in a nice pattern all the way around the pan.
- ☐ Cover the skillet (I used a heat resistant dinner plate) and turn the heat down to low and until the potatoes are just barely cooked. Donâ€™t let them get mushy. I like to keep them in their perfect round shape. Itâ€™s just prettier that way.
- ☐ Meanwhilelightly beat 6 eggs with about ½-teaspoon fresh thyme leaves and some salt and pepper. Then pour the eggs over the potato mixture. Making sure the potatoes are undisturbed.
- ☐ Bring the heat back to medium and began to cook the eggs. Use a knife to constantly poke through the cooked part of the eggs letting some of the runny part come into contact with the pan.
- ☐ Once the eggs have gelled up a bit, sprinkle the grated Fontina cheese over the top of the eggs.
- ☐ Put the whole pan into a 450-degree oven until the top begins to brown and the eggs are completely cooked.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:11.051304203013%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg Kaempferol: 10.72mg, Kaempferol: 10.72mg, Kaempferol: 10.72mg, Kaempferol: 10.72mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 298.99kcal (14.95%), Fat: 27.28g (41.97%), Saturated Fat: 10.11g (63.21%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.71g (0.79%), Cholesterol: 51.54mg (17.18%), Sodium: 636.53mg (27.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Vitamin K: 75.62µg (72.02%), Vitamin C: 19.87mg (24.08%), Vitamin A: 1070.09IU (21.4%), Selenium: 11.37µg (16.24%), Calcium: 156.01mg (15.6%), Phosphorus: 149.32mg (14.93%), Vitamin E: 1.46mg (9.76%), Vitamin B12: 0.57µg (9.45%), Vitamin B3: 1.85mg (9.23%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.31mg (8.73%), Vitamin B6: 0.17mg (8.71%), Vitamin B2: 0.11mg (6.38%), Potassium: 200.78mg (5.74%), Magnesium: 17.04mg (4.26%), Iron: 0.73mg (4.05%), Vitamin B5: 0.37mg (3.73%), Fiber: 0.92g (3.68%), Copper: 0.07mg (3.47%), Vitamin D: 0.29µg (1.93%), Folate: 4.76µg (1.19%)