



Frittata with Pancetta and Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12 large eggs
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1.5 tablespoons olive oil
- ☐ 6 ounces pancetta cut into 1/4-inch pieces (1 1/2 cups)
- ☐ 1.5 cups onion red chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup water cold

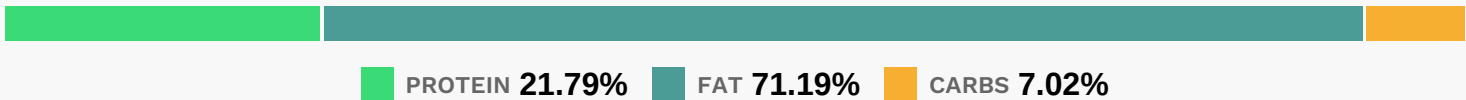
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Heat olive oil in large nonstick broilerproof skillet over medium heat.
- ☐ Add pancetta and onion and sauté until onion is soft, about 10 minutes.
- ☐ Preheat broiler.
- ☐ Whisk eggs, 1/4 cup water, salt, and pepper in medium bowl to blend.
- ☐ Pour eggs into skillet with onion and pancetta. Stir 1 minute.
- ☐ Add 1/2 cup chopped mint; stir 30 seconds. Reduce heat to low and cook without stirring until almost set, about 10 minutes.
- ☐ Broil frittata just until firm, about 1 minute. Using spatula as aid, transfer frittata to serving platter.
- ☐ Sprinkle with remaining 2 tablespoons chopped mint.
- ☐ Cut frittata into wedges and serve.
- ☐ * Pancetta, Italian bacon cured in salt, is available at Italian markets and in the deli case at many supermarkets.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:12.848695703175%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 310.89kcal (15.54%), Fat: 24.34g (37.44%), Saturated Fat: 7.41g (46.31%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.07g (2.3%), Cholesterol: 390.71mg (130.24%), Sodium: 623.69mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.53%), Selenium: 36.6µg (52.29%), Vitamin B2: 0.5mg (29.46%), Phosphorus: 253.23mg (25.32%), Vitamin B5: 1.75mg (17.53%), Vitamin B12: 1.03µg (17.2%), Vitamin B6: 0.3mg (14.92%), Folate: 58.88µg (14.72%), Vitamin A: 710.82IU (14.22%), Vitamin D: 2.11µg (14.09%), Iron: 2.17mg (12.04%), Zinc: 1.74mg (11.58%), Vitamin E: 1.68mg (11.23%), Vitamin B1: 0.14mg (9.32%), Potassium: 274.52mg (7.84%), Calcium: 76.43mg (7.64%), Manganese: 0.13mg (6.64%), Vitamin B3: 1.33mg (6.63%), Copper: 0.11mg (5.71%), Magnesium: 22.58mg (5.64%), Vitamin C: 4.15mg (5.03%), Fiber: 0.99g (3.96%), Vitamin K: 2.64µg (2.51%)