



WHATSheATE



Frittata with Potato and Prosciutto

READY IN



47 min.

SERVINGS



6

CALORIES



450 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 baguette cut into 8 pieces
- ☐ 6 large eggs
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup heavy cream
- ☐ 4 tablespoons olive oil
- ☐ 0.5 onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 7 ounce potatoes peeled cut into 1/4-inch cubes

- ☐ 2 ounces pancetta sliced coarsely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup butter unsalted

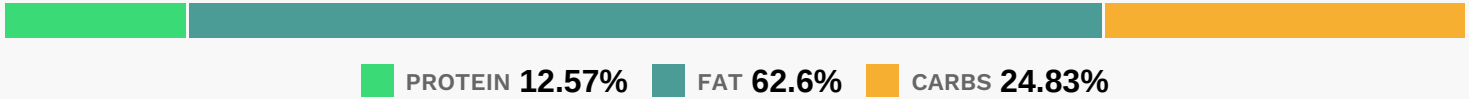
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ spatula
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy 9 1/2-inch-diameter skillet over medium heat.
- ☐ Add the potato, onion, and garlic. Season the potato mixture with salt and pepper, to taste.
- ☐ Saute over medium-low heat until the potato is golden and crisp on the outside, tender inside, about 7 to 10 minutes.
- ☐ Preheat the broiler.
- ☐ Whisk the eggs, cream, Parmesan, prosciutto, and basil in a medium bowl to blend. Stir the egg mixture into the potato mixture in the skillet. Cook over medium-low heat until the egg mixture is almost set but the top is still loose, about 3 minutes.
- ☐ Place the skillet under the broiler. Broil until the top is set and golden brown, about 4 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a cutting board.
- ☐ Cut the frittata into 12 wedges.
- ☐ Split open each bread piece. Toast the bread on a grill pan until golden. You can also broil the bread cut side up until golden, about 1 to 2 minutes, keeping a careful watch on the bread since they can easily burn. Butter the cut sides of the toasted bread. Arrange a frittata wedge on each bottom piece of bread. Cover with the bread tops and serve.

Nutrition Facts



Properties

Glycemic Index:56.92, Glycemic Load:18.32, Inflammation Score:-6, Nutrition Score:13.796521746594%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 450.22kcal (22.51%), Fat: 31.36g (48.24%), Saturated Fat: 12.17g (76.09%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.18g (9.52%), Sugar: 3.13g (3.47%), Cholesterol: 226.61mg (75.54%), Sodium: 464.28mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.32%), Selenium: 26.04µg (37.2%), Vitamin B2: 0.42mg (24.73%), Vitamin B1: 0.33mg (21.71%), Phosphorus: 212.7mg (21.27%), Folate: 76.59µg (19.15%), Vitamin E: 2.36mg (15.75%), Manganese: 0.31mg (15.46%), Iron: 2.77mg (15.41%), Vitamin A: 724.83IU (14.5%), Vitamin B6: 0.28mg (14.17%), Calcium: 139.97mg (14%), Vitamin B3: 2.7mg (13.52%), Vitamin B5: 1.15mg (11.49%), Vitamin K: 11.68µg (11.13%), Vitamin B12: 0.57µg (9.57%), Vitamin C: 7.69mg (9.32%), Zinc: 1.36mg (9.08%), Vitamin D: 1.36µg (9.06%), Potassium: 314.93mg (9%), Magnesium: 30.06mg (7.51%), Fiber: 1.82g (7.26%), Copper: 0.14mg (7.03%)