



## Frittata with Smoked Cheese and Canadian Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.1 teaspoon pepper black
- 2 ounces canadian bacon diced
- 4 large egg whites
- 4 large eggs
- 2 tablespoons green onions chopped
- 1.5 cups hash brown potatoes frozen southern-style (such as Ore-Ida)
- 0.5 teaspoon hot sauce (such as Tabasco)

- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 1 ounce mozzarella cheese smoked shredded

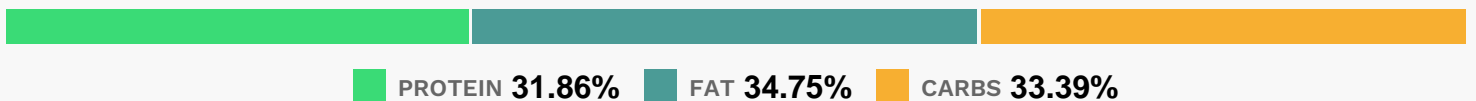
## Equipment

- bowl
- frying pan
- paper towels
- whisk
- aluminum foil
- broiler

## Directions

- Preheat broiler.
- Heat a 10-inch nonstick skillet coated with cooking spray over medium-high heat.
- Add potatoes, onion, and bacon; saute 8 minutes or until potatoes are golden brown.
- Remove from pan. Wipe pan clean with paper towels; recoat with cooking spray.
- Combine salt, hot sauce, pepper, eggs, and egg whites in a medium bowl, stirring with a whisk. Stir in potato mixture, cheese, and chopped green onions.
- Heat pan over medium heat.
- Pour in egg mixture. Reduce heat to medium-low; cook 3 minutes or until bottom is lightly browned, lifting edges and tilting skillet as eggs cook to allow uncooked portion to flow underneath cooked portion.
- Wrap handle of pan with foil. Broil 2 minutes or until top is lightly browned and set.
- Garnish with green onion strips, if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:4.49, Inflammation Score:-4, Nutrition Score:11.378260850906%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

## Nutrients (% of daily need)

Calories: 205.92kcal (10.3%), Fat: 7.9g (12.16%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.55g (5.65%), Sugar: 1.42g (1.57%), Cholesterol: 198.69mg (66.23%), Sodium: 620.88mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Selenium: 27.06µg (38.65%), Vitamin B2: 0.44mg (25.72%), Phosphorus: 207.56mg (20.76%), Vitamin B1: 0.22mg (14.49%), Potassium: 440.47mg (12.58%), Vitamin B12: 0.73µg (12.19%), Vitamin B6: 0.24mg (11.99%), Vitamin B5: 1.2mg (11.96%), Vitamin B3: 2.31mg (11.57%), Vitamin C: 8.88mg (10.76%), Iron: 1.9mg (10.54%), Vitamin D: 1.43µg (9.5%), Manganese: 0.18mg (8.88%), Folate: 34.79µg (8.7%), Zinc: 1.27mg (8.48%), Calcium: 82.37mg (8.24%), Copper: 0.14mg (7.01%), Vitamin A: 349.37IU (6.99%), Vitamin K: 6.72µg (6.4%), Magnesium: 24.86mg (6.21%), Fiber: 1.54g (6.15%), Vitamin E: 0.59mg (3.93%)