



Ham and Corn Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 eggs
- 2 oz mozzarella cheese diced
- 0.5 cup corn frozen
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 2 oz finely-chopped ham diced cooked

1 tablespoon butter

Equipment

bowl

frying pan

whisk

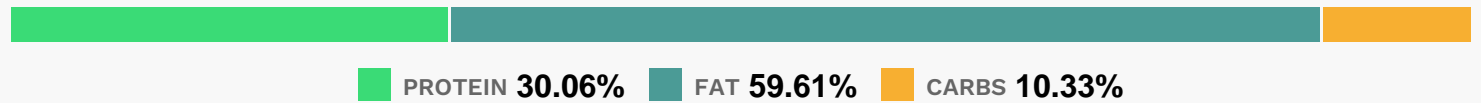
Directions

In medium bowl, beat all ingredients except ham and butter with fork or wire whisk until well mixed. Stir in ham.

In 10-inch nonstick skillet, melt butter over medium-low heat.

Pour egg mixture into skillet. Cover; cook 14 to 17 minutes or until eggs are set in center and light brown on bottom. Turn upside down onto serving plate.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:9.5130435124688%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 157.56kcal (7.88%), Fat: 10.42g (16.03%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.59g (1.3%), Sugar: 0.34g (0.38%), Cholesterol: 232.6mg (77.53%), Sodium: 372.08mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Selenium: 21.61µg (30.88%), Vitamin K: 24.53µg (23.36%), Vitamin B2: 0.33mg (19.58%), Phosphorus: 191.19mg (19.12%), Vitamin B12: 0.87µg (14.55%), Vitamin A: 621IU (12.42%), Vitamin B5: 1.05mg (10.47%), Folate: 37.13µg (9.28%), Zinc: 1.36mg (9.07%), Calcium: 85.58mg (8.56%), Vitamin D: 1.21µg (8.07%), Vitamin B6: 0.16mg (7.75%), Iron: 1.35mg (7.5%), Vitamin C: 5.55mg (6.73%), Vitamin B1: 0.09mg (6.19%), Vitamin E: 0.72mg (4.8%), Potassium: 167.58mg (4.79%), Magnesium: 16.62mg (4.15%),

Copper: 0.07mg (3.29%), Vitamin B3: 0.65mg (3.23%), Manganese: 0.06mg (3.11%), Fiber: 0.48g (1.9%)