



Ham and Corn Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

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

☐

0.3 teaspoon salt

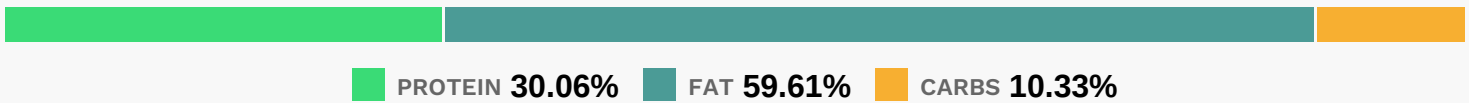
Equipment

- ☐ 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%)