



Ham and Corn Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

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

☐

0.3 teaspoon salt

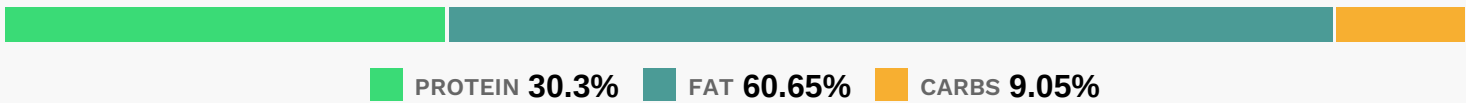
Equipment

- ☐ 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:31.92, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:9.422608639883%

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: 156.41kcal (7.82%), Fat: 10.5g (16.16%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.93g (1.03%), Cholesterol: 232.6mg (77.53%), Sodium: 371.52mg (16.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Selenium: 21.53µg (30.76%), Vitamin K: 24.58µg (23.41%), Vitamin B2: 0.33mg (19.3%), Phosphorus: 189.11mg (18.91%), Vitamin B12: 0.87µg (14.55%), Vitamin A: 654.2IU (13.08%), Vitamin B5: 1.11mg (11.09%), Zinc: 1.34mg (8.96%), Folate: 34.58µg (8.65%), Calcium: 85.42mg (8.54%), Vitamin D: 1.21µg (8.07%), Vitamin B6: 0.15mg (7.41%), Iron: 1.31mg (7.3%), Vitamin C: 5.27mg (6.38%), Vitamin B1: 0.09mg (6.04%), Vitamin E: 0.73mg (4.87%), Potassium: 155.13mg (4.43%), Magnesium: 15.55mg

(3.89%), Copper: 0.07mg (3.25%), Vitamin B3: 0.63mg (3.15%), Manganese: 0.06mg (3.09%), Fiber: 0.4g (1.59%)