



Ham and Fontina Frittata

 **Gluten Free**

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 12 extra large eggs
- ☐ 8 ounces danish fontina shredded
- ☐ 1 pound ham steak
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil 1 turn around the pan
- ☐ 6 servings salt and pepper

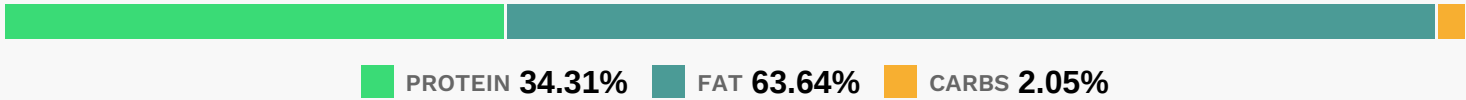
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ cake server

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Trim any connective tissue and all fat off ham steak. Mince the meat into very small bits and set aside.
- ☐ Heat a 12-inch nonstick skillet with oven safe handle over moderate heat.
- ☐ Add oil and 1 tablespoon butter to the skillet and coat sides and bottom of pan evenly with melted butter and oil mixture.
- ☐ Add ham bits to the pan and saute 3 minutes to brown them a bit and render some of the moisture in the meat.
- ☐ Whisk together eggs and milk or half-and-half. Break off tiny pieces of remaining 1 tablespoon butter and drop them into beaten eggs. Season eggs with a little salt and pepper and whisk again to combine.
- ☐ Pour eggs into skillet over ham. Stir eggs gently to evenly distribute bits of ham throughout the eggs.
- ☐ As eggs set, lift up bottom skin that has formed and allow uncooked eggs to settle. Keep doing this as eggs brown until the eggs begin to set.
- ☐ Transfer the pan to the oven, and allow the frittata to cook 10 minutes, or until golden on top.
- ☐ Add a generous layer of shredded fontina to the frittata and leave in oven another 3 to 5 minutes, or until cheese is melted and begins to bubble and brown.
- ☐ Serve frittata wedges directly from the skillet with a pie server.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:23.331304415413%

Nutrients (% of daily need)

Calories: 465.72kcal (23.29%), Fat: 32.39g (49.83%), Saturated Fat: 14.95g (93.44%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.98g (2.2%), Cholesterol: 506.98mg (168.99%), Sodium: 1652.35mg (71.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.28g (78.56%), Selenium: 52.02µg (74.31%), Phosphorus: 570.76mg (57.08%), Vitamin B2: 0.77mg (45.28%), Vitamin B1: 0.67mg (44.61%), Vitamin B12: 2.35µg (39.11%), Calcium: 299.91mg (29.99%), Vitamin C: 24.42mg (29.6%), Zinc: 4.38mg (29.22%), Vitamin B6: 0.51mg (25.7%), Vitamin B5: 2.43mg (24.29%), Vitamin A: 1099.47IU (21.99%), Vitamin B3: 4mg (20.02%), Vitamin D: 2.69µg (17.94%), Iron: 2.82mg (15.66%), Folate: 58.07µg (14.52%), Potassium: 456.13mg (13.03%), Vitamin E: 1.73mg (11.55%), Magnesium: 35.63mg (8.91%), Copper: 0.15mg (7.55%), Manganese: 0.07mg (3.3%), Vitamin K: 3.11µg (2.96%)