



Ham and Potato Frittata

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 ounce carton egg substitute fat-free
- ☐ 0.5 cup green onions sliced (2 large)
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cups hash brown potatoes frozen country-style
- ☐ 0.8 cup low-salt ham cooked finely chopped reduced-fat
- ☐ 0.3 cup bell pepper sweet red finely chopped ()
- ☐ 0.3 teaspoon salt
- ☐ 1.3 ounces sharp cheddar cheese shredded reduced-fat

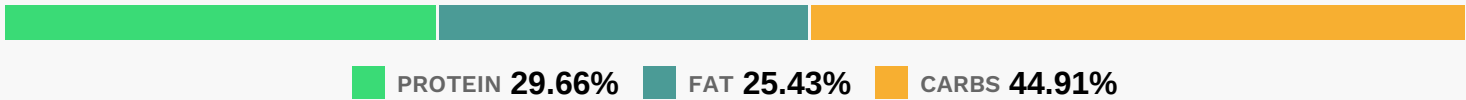
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Coat a 10-inch nonstick ovenproof skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add ham and red pepper; cook, stirring constantly, 3 minutes.
- ☐ Add potatoes and next 3 ingredients; cook, stirring constantly, 4 to 5 minutes or until vegetables are tender.
- ☐ Reduce heat to medium-low.
- ☐ Add egg substitute; stir gently. Cook 2 to 3 minutes or until nearly set.
- ☐ Place skillet in oven, and bake at 450 for 3 to 4 minutes or until set.
- ☐ Sprinkle with cheese while frittata is hot.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:5.73, Inflammation Score:-6, Nutrition Score:15.104347809501%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 190.02kcal (9.5%), Fat: 5.46g (8.4%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 19.62g (7.14%), Sugar: 1.98g (2.2%), Cholesterol: 24.68mg (8.23%), Sodium: 588.77mg (25.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.67%), Selenium: 30.63µg (43.75%), Vitamin C: 32.07mg (38.88%), Vitamin K: 27.02µg (25.74%), Vitamin B2: 0.35mg (20.32%), Phosphorus: 202.29mg (20.23%), Vitamin B1: 0.3mg (19.9%), Potassium: 549.04mg (15.69%), Vitamin B5: 1.55mg (15.54%), Vitamin A: 733.97IU (14.68%), Iron: 2.6mg (14.43%), Vitamin B3: 2.77mg (13.86%), Vitamin B6: 0.27mg (13.57%), Calcium: 128.81mg

(12.88%), Zinc: 1.67mg (11.12%), Manganese: 0.22mg (10.89%), Vitamin B12: 0.59µg (9.82%), Fiber: 2.09g (8.35%), Vitamin E: 1.24mg (8.25%), Copper: 0.16mg (7.89%), Magnesium: 31.2mg (7.8%), Folate: 29.58µg (7.39%), Vitamin D: 0.96µg (6.42%)