



## Ham and Vidalia Onion Frittata

 Gluten Free

READY IN



41 min.

SERVINGS



4

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 teaspoon pepper black
- 0.3 pound deli ham lean chopped
- 0.3 teaspoon thyme leaves dried
- 16 ounce carton egg substitute
- 0.3 cup green onions thinly sliced
- 0.3 teaspoon ground pepper red
- 0.3 teaspoon salt
- 3 ounces pre-shredded sharp cheddar cheese divided reduced-fat

- 1 teaspoon vegetable oil
- 1.5 cups vidalia onion thinly sliced

## Equipment

- bowl
- frying pan
- aluminum foil
- broiler

## Directions

- Combine first 6 ingredients and 1/4 cup cheese in a bowl; set aside.
- Place a 12-inch ovenproof nonstick skillet over medium heat until hot; coat pan with cooking spray.
- Add ham, and cook 2 minutes or until lightly browned; remove from pan, and set aside.
- Heat oil in pan over medium heat.
- Add onion, and cook 5 minutes or until tender. Reduce heat to medium-low; add ham.
- Pour egg mixture evenly over onion mixture. Cook 10 minutes or until set around edges (middle will be soft).
- Sprinkle with remaining 1/2 cup cheese.
- Remove from heat.
- Preheat broiler.
- Wrap handle of pan with foil. Broil 4 minutes or until center is set and cheese melts. Slide gently onto a platter, and cut into 4 wedges.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:17.561739195948%

## Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,  
Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg  
Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.68mg, Myricetin:  
0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin:  
9.6mg

## **Nutrients (% of daily need)**

Calories: 242.77kcal (12.14%), Fat: 13.2g (20.31%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 8.12g (2.71%), Net  
Carbohydrates: 7.27g (2.64%), Sugar: 5.56g (6.18%), Cholesterol: 38.84mg (12.95%), Sodium: 852.8mg (37.08%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.15%), Selenium: 59.66µg (85.22%), Vitamin B2:  
0.61mg (36.14%), Phosphorus: 259.67mg (25.97%), Calcium: 255.1mg (25.51%), Vitamin B1: 0.34mg (22.84%),  
Vitamin B5: 2.17mg (21.67%), Vitamin K: 21.61µg (20.58%), Vitamin B6: 0.36mg (18%), Zinc: 2.67mg (17.79%), Iron:  
2.91mg (16.14%), Vitamin E: 2.26mg (15.05%), Vitamin D: 2.14µg (14.27%), Vitamin B12: 0.79µg (13.21%), Potassium:  
438.11mg (12.52%), Vitamin A: 606.95IU (12.14%), Folate: 42.92µg (10.73%), Magnesium: 35.75mg (8.94%), Vitamin  
B3: 1.57mg (7.87%), Vitamin C: 5.14mg (6.23%), Copper: 0.1mg (4.94%), Manganese: 0.1mg (4.78%), Fiber: 0.85g  
(3.38%)