



WHATSheATE



Healthy & Delicious: Frittata with Mushrooms, Bacon, and Parmesan

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 slices bacon
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 cups mushrooms sliced chopped
- ☐ 6 egg whites
- ☐ 2 eggs
- ☐ 4 servings kosher salt
- ☐ 0.5 cup onion chopped

☐ 0.3 cup parmesan grated

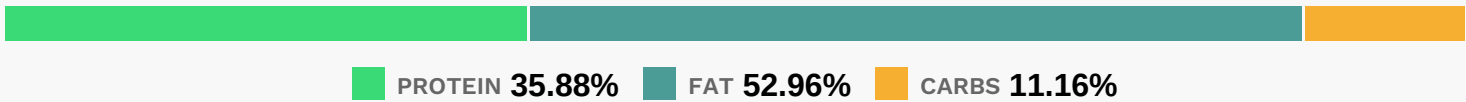
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ In a medium oven-proof skillet, cook bacon over medium-high heat until crispy.
- ☐ Remove to a plate with a paper towel to drain.
- ☐ Add onion and mushroom to pan.
- ☐ Saute until onion is soft and moisture from mushrooms is mostly evaporated, 10-12 minutes. Lower heat to medium-low or low and spread vegetables out evenly in pan.
- ☐ Preheat broiler.
- ☐ In a medium bowl, whisk together eggs, egg whites, and salt and pepper to taste.
- ☐ Pour evenly over mushrooms and onions.
- ☐ Sprinkle Parmesan evenly over egg mixture. Cook until top just begins to set, 5 to 10 minutes.
- ☐ Crumble bacon and sprinkle evenly over egg mixture. Broil until top is fully set, 2 to 4 minutes.
- ☐ Remove carefully and quickly cut into four equal pieces.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:7.7282609900703%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 141.4kcal (7.07%), Fat: 8.29g (12.76%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.01g (2.24%), Cholesterol: 93.35mg (31.12%), Sodium: 475.3mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.28%), Selenium: 22.82µg (32.61%), Vitamin B2: 0.48mg (28.12%), Phosphorus: 146.44mg (14.64%), Vitamin B5: 1.08mg (10.77%), Calcium: 96.26mg (9.63%), Vitamin B3: 1.85mg (9.24%), Potassium: 276.29mg (7.89%), Copper: 0.16mg (7.83%), Vitamin B6: 0.14mg (6.82%), Vitamin B12: 0.38µg (6.34%), Folate: 22.51µg (5.63%), Zinc: 0.82mg (5.48%), Vitamin B1: 0.08mg (5.46%), Magnesium: 17.08mg (4.27%), Iron: 0.75mg (4.17%), Vitamin D: 0.59µg (3.91%), Manganese: 0.07mg (3.48%), Vitamin A: 172.63IU (3.45%), Fiber: 0.73g (2.9%), Vitamin C: 2.24mg (2.71%), Vitamin E: 0.3mg (2%)