



Herbed Ham Frittata

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 eggs
- 3 egg whites
- 2 tablespoons chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 1 tablespoon butter
- 0.5 cup finely-chopped ham diced fully cooked

2 ounces swiss cheese shredded

Equipment

bowl

frying pan

oven

whisk

Directions

Beat eggs, egg whites, chives, parsley, salt and pepper in medium bowl with fork or wire whisk until well mixed.

Melt butter in ovenproof 10-inch nonstick skillet over medium heat.

Pour egg mixture into hot skillet; sprinkle with ham and cheese. Reduce heat to medium-low. Cover and cook 8 to 10 minutes or until eggs are set.

Set oven control to broil. Broil frittata with top 4 to 5 inches from heat about 2 minutes or until light golden brown.

Cut into wedges.

Nutrition Facts


PROTEIN 33.85% **FAT 64.11%** **CARBS 2.04%**

Properties

Glycemic Index:22.67, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:7.8152174528526%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 139.31kcal (6.97%), Fat: 9.75g (15%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.29g (0.33%), Cholesterol: 179.34mg (59.78%), Sodium: 429.83mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.16%), Selenium: 21.23µg (30.33%), Vitamin B2: 0.32mg (18.87%), Phosphorus: 172.68mg (17.27%), Vitamin B12: 0.83µg (13.76%), Vitamin K: 13.4µg (12.76%), Calcium: 113.2mg (11.32%), Vitamin A: 499.41IU (9.99%), Vitamin B5: 0.83mg (8.34%), Zinc: 1.21mg (8.06%), Folate: 24.51µg (6.13%), Vitamin D: 0.88µg (5.87%), Vitamin B6: 0.11mg (5.43%), Iron: 0.94mg (5.21%), Vitamin B1: 0.07mg (4.72%), Vitamin C: 3.67mg (4.44%), Vitamin E: 0.6mg (3.99%), Potassium: 126.57mg (3.62%), Magnesium: 12.93mg (3.23%), Copper: 0.05mg (2.68%), Vitamin B3: 0.41mg (2.03%), Manganese: 0.03mg (1.47%)