



Hickory Ham and Potato Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 oz ham finely chopped
- 0.8 lb potatoes - remove skin red chopped
- 1 cup onion chopped
- 0.8 cup skim milk fat-free (skim)
- 3 egg whites whole lightly beaten
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 2 oz sharp cheddar cheese shredded reduced-fat

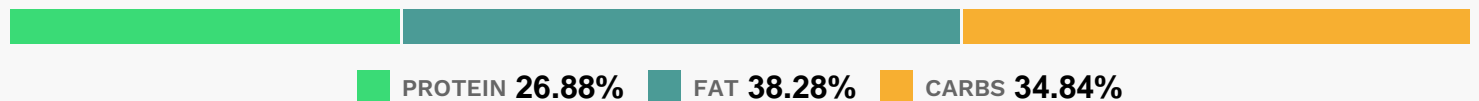
Equipment

- bowl
- frying pan

Directions

- Heat 10-inch nonstick skillet over high heat. Reduce heat to medium-high.
- Add ham; cook 2 to 3 minutes, stirring frequently, until lightly browned.
- Remove ham from skillet; cover to keep warm.
- To same skillet, place potatoes, onions, bell pepper and 1/2 cup of the milk.
- Heat to boiling. Reduce heat to medium; cover tightly and simmer 5 to 6 minutes or just until potatoes are tender.
- Meanwhile, in small bowl, mix eggs and egg whites, the remaining 1/4 cup milk, the salt and pepper until well blended. Stir ham and egg mixture into potato mixture. Reduce heat to medium-low; cover and cook without stirring for 10 minutes.
- Remove skillet from heat; remove cover (eggs will not appear completely cooked).
- Sprinkle cheese over top.
- Let stand 2 to 3 minutes or until egg mixture is set and cheese is melted.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:11.172608676164%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 229.89kcal (11.49%), Fat: 9.81g (15.1%), Saturated Fat: 4.49g (28.05%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 17.94g (6.52%), Sugar: 5.32g (5.91%), Cholesterol: 33.13mg (11.04%), Sodium: 647.67mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.01%), Phosphorus: 241.79mg (24.18%), Selenium: 16.5µg (23.57%), Vitamin B1: 0.29mg (19.24%), Vitamin B2: 0.32mg (18.91%), Potassium: 652.45mg (18.64%), Calcium: 182.76mg (18.28%), Vitamin B6: 0.34mg (16.91%), Vitamin C: 10.27mg (12.45%), Vitamin B3: 2.37mg (11.87%), Zinc: 1.74mg (11.61%), Vitamin B12: 0.62µg (10.31%), Magnesium: 40.13mg (10.03%), Manganese: 0.2mg (9.85%), Fiber: 2.16g (8.63%), Copper: 0.17mg (8.28%), Folate: 28.58µg (7.14%), Vitamin B5: 0.68mg (6.83%), Iron: 1.01mg (5.59%), Vitamin D: 0.79µg (5.26%), Vitamin A: 243.18IU (4.86%), Vitamin K: 3.17µg (3.02%), Vitamin E: 0.23mg (1.51%)