



Individual Potato-Bacon Frittatas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 bacon crumbled cooked drained ()
- ☐ 1.8 cups egg substitute
- ☐ 2 garlic clove minced
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.8 pound potatoes - remove skin red (6)
- ☐ 0.3 teaspoon salt

☐ 3 ounces swiss cheese shredded reduced-fat

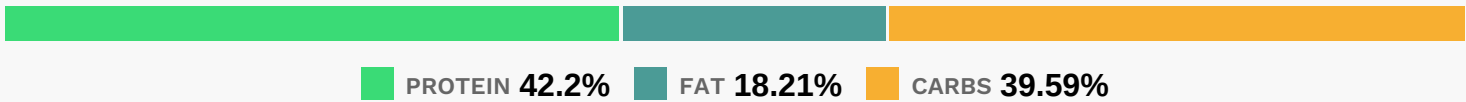
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ muffin liners

Directions

- ☐ Place potatoes in a large saucepan, and cover with water. Bring to a boil, and cook 25 minutes or until tender.
- ☐ Drain; cool slightly.
- ☐ Cut potatoes into 1/2-inch cubes.
- ☐ Preheat oven to 37
- ☐ Heat a medium nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add onion, bell pepper, and garlic; saut 5 minutes or until tender.
- ☐ Remove from heat. Stir in potato, cheese, and bacon.
- ☐ Combine egg substitute, salt, and black pepper. Spoon vegetable mixture evenly into 12 muffin cups or 6-ounce ramekins coated with cooking spray.
- ☐ Pour egg mixture evenly over vegetable mixture.
- ☐ Bake at 375 for 18 minutes or until set.
- ☐ Remove from muffin cups, and cool slightly.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:12.87608687774%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 133.88kcal (6.69%), Fat: 2.73g (4.2%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 11.87g (4.32%), Sugar: 3.42g (3.8%), Cholesterol: 10.24mg (3.41%), Sodium: 365.43mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.49%), Selenium: 33.92µg (48.46%), Vitamin C: 22.42mg (27.17%), Vitamin B2: 0.37mg (21.56%), Phosphorus: 200.19mg (20.02%), Calcium: 199.75mg (19.98%), Vitamin B6: 0.29mg (14.71%), Vitamin B5: 1.44mg (14.43%), Potassium: 500.23mg (14.29%), Vitamin B1: 0.18mg (11.84%), Vitamin A: 574.57IU (11.49%), Zinc: 1.66mg (11.04%), Iron: 1.98mg (11.01%), Vitamin E: 1.35mg (9.01%), Vitamin B12: 0.53µg (8.9%), Magnesium: 32.95mg (8.24%), Vitamin D: 1.16µg (7.7%), Folate: 30.55µg (7.64%), Vitamin B3: 1.47mg (7.34%), Manganese: 0.14mg (7.2%), Fiber: 1.49g (5.97%), Copper: 0.11mg (5.61%), Vitamin K: 2.67µg (2.54%)