



Iron-Man Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 pound bacon cut into pieces
- 2 oz cheddar grated
- 10 eggs lightly beaten
- 2 tablespoons milk
- 4 servings salt and pepper
- 10 oz pkt spinach frozen dry thawed chopped

Equipment

- bowl

- frying pan
- paper towels
- oven
- spatula

Directions

- Preheat oven to 400F. In a large ovenproof, nonstick skillet, cook bacon over medium-high heat, stirring often, until crisp, about 10 minutes.
- Drain on paper towels.
- Pour off fat from skillet.
- Spread spinach in bottom of skillet.
- In a large bowl, combine eggs, milk and cheese; season with salt and pepper. Blend well and pour over spinach. Scatter bacon over mixture. Cook over medium heat, lifting sides of frittata with a spatula to let uncooked egg flow underneath, until lightly browned around edges, about 5 minutes.
- Transfer skillet to oven and bake, uncovered, until puffed and lightly browned on top, about 10 minutes. Gently shake pan to loosen.
- Cut frittata into wedges and serve with a salad and some bread.

Nutrition Facts

PROTEIN 22.84% **FAT 72.78%** **CARBS 4.38%**

Properties

Glycemic Index:16.25, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:30.277391247127%

Nutrients (% of daily need)

Calories: 476.62kcal (23.83%), Fat: 38.43g (59.12%), Saturated Fat: 13.87g (86.7%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.28g (1.42%), Cholesterol: 461.7mg (153.9%), Sodium: 873.34mg (37.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.27%), Vitamin K: 264.34µg (251.76%), Vitamin A: 9079.82IU (181.6%), Selenium: 53.57µg (76.53%), Vitamin B2: 0.78mg (45.9%), Phosphorus: 406.67mg (40.67%), Folate: 157.44µg (39.36%), Manganese: 0.54mg (26.91%), Calcium: 265.42mg (26.54%), Vitamin B12: 1.45µg (24.22%), Vitamin E: 3.56mg (23.76%), Vitamin B6: 0.47mg (23.7%), Vitamin B5: 2.15mg (21.54%), Zinc: 3.04mg (20.24%), Iron: 3.52mg (19.56%), Magnesium: 77.89mg (19.47%), Vitamin B1: 0.28mg (18.36%), Vitamin D: 2.59µg

(17.3%), Potassium: 531.49mg (15.19%), Vitamin B3: 2.74mg (13.69%), Copper: 0.21mg (10.5%), Fiber: 2.06g (8.22%),
Vitamin C: 3.9mg (4.72%)