



## Italian Skillet Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 8 eggs
- 2.5 cups ore-ida hash brown potatoes shredded
- 3 Tbsp milk
- 3 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 2 cups vegetables mixed fresh shredded red such as small broccoli florets, chopped pepper and carrots
- 0.3 tsp salt

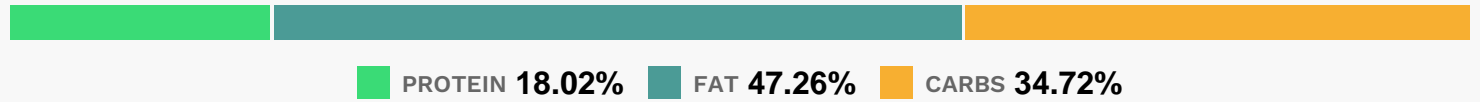
## Equipment

- frying pan
- whisk

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add potatoes and chopped vegetables; cook 5 minutes or until potatoes are browned, stirring occasionally.
- Beat eggs, milk and salt with wire whisk until well blended.
- Pour evenly over potato mixture; cover. Reduce heat to medium-low.
- Cook 10 to 12 minutes or until center is set.
- Sprinkle with cheese; cover.
- Let stand 5 minutes.
- Cut into 6 wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:7.01, Inflammation Score:-9, Nutrition Score:15.169565325198%

## Nutrients (% of daily need)

Calories: 279.74kcal (13.99%), Fat: 14.99g (23.07%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 21.13g (7.68%), Sugar: 0.22g (0.25%), Cholesterol: 223.07mg (74.36%), Sodium: 325.56mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.72%), Vitamin A: 3445.51IU (68.91%), Selenium: 20.46µg (29.23%), Phosphorus: 228.3mg (22.83%), Vitamin B2: 0.35mg (20.65%), Vitamin C: 13.48mg (16.34%), Manganese: 0.3mg (14.86%), Fiber: 3.65g (14.61%), Iron: 2.49mg (13.81%), Potassium: 469.19mg (13.41%), Vitamin B5: 1.3mg (12.99%), Vitamin E: 1.87mg (12.46%), Vitamin B1: 0.18mg (12.26%), Folate: 49µg (12.25%), Vitamin B6: 0.24mg (11.93%), Vitamin B3: 2.26mg (11.32%), Calcium: 106.17mg (10.62%), Vitamin B12: 0.6µg (9.95%), Zinc: 1.46mg (9.7%), Copper: 0.19mg (9.44%), Magnesium: 33.25mg (8.31%), Vitamin D: 1.2µg (8.01%), Vitamin K: 5.26µg (5.01%)