

DINNER

Linguine and Prosciutto Frittatas

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	6	\$2.09	564 kcal



Linguine and Prosciutto Frittatas requires approximately 50 minutes from start to finish. This main course has 564 calories, 25g of protein, and 36g of fat per serving. This recipe serves 6 and costs \$2.09 per serving. It is brought to you by Foodnetwork. 1 person were impressed by this recipe.

Ingredients

- ☐ ½ cup grated Asiago cheese
- ☐ ¼ cup cream
- ☐ ¼ cup finely chopped fresh flat-leaf parsley
- ☐ ½ cup mascarpone cheese
- ☐ 1 cup ounces smoked mozzarella cheese, diced
diced)
- ☐ ½ pound linguine pasta
- ☐ ¾ teaspoon freshly ground black pepper
- ☐ 7 large eggs
- ☐ 2 garlic cloves, minced
- ☐ ½ cup milk
- ☐ 0.1 teaspoon freshly grated nutmeg
- ☐ 6 ounces diced prosciutto

☐ 1 teaspoon salt

EQUIPMENT Bowl, Oven, Pot, Blender, Muffin tray, Colander

Method

- 1 Watch how to make this recipe.
- 2 Bring a large pot of salted water to a boil over high heat.
- 3 Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- 4 Drain the pasta in a colander. While the pasta is still in the colander, use kitchen shears to cut the linguine into smaller pieces. The pasta should measure about 3 cups.
- 5 Preheat the oven to 375 degrees F. Grease the muffin tin.
- 6 In a blender combine the eggs, milk, cream, and mascarpone cheese. Blend until well combined.
- 7 Transfer the mixture to a large bowl.
- 8 Add the cut pasta, prosciutto, mozzarella cheese, Asiago cheese, parsley, garlic, salt, pepper, and nutmeg. Stir until the ingredients are combined.
- 9 Using a 1/3 cup measure, fill each of the muffin tins until both the pasta and liquid are at the top.
- 10 Bake until firm and cooked through, about 30 to 35 minutes.
- 11 Let cool for 3 minutes before removing from the tin. Arrange on a serving platter and serve.

Nutrition per serving

	564 KCAL	25 g PROTEIN	36 g FAT	32 g CARBS
Saturated Fat				17.5 g · 109% of daily needs
Fibre				1.4 g · 6% of daily needs
Sugar				2.8 g · 3% of daily needs
Sodium				933 mg · 41% of daily needs
Cholesterol				289 mg · 96% of daily needs
Vitamin C				3.7 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/linguine-and-prosciutto-frittatas-148084](https://www.whatsheate.com/linguine-and-prosciutto-frittatas-148084)