



Linguine and Prosciutto Frittatas

READY IN



50 min.

SERVINGS



6

CALORIES



564 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup asiago cheese grated
- 0.8 teaspoon pepper black freshly ground
- 0.3 cup cup heavy whipping cream
- 7 large eggs
- 0.3 cup parsley fresh finely chopped
- 2 garlic clove minced
- 0.5 cup mascarpone cheese
- 0.5 cup milk
- 1 cup mozzarella cheese smoked diced

- 0.1 teaspoon nutmeg freshly grated
- 0.5 pound soup noodles
- 6 ounces pancetta diced
- 1 teaspoon salt

Equipment

- bowl
- oven
- pot
- blender
- muffin tray
- colander

Directions

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

Nutrition Facts

PROTEIN 18.24% FAT 58.82% CARBS 22.94%

Properties

Glycemic Index:49.67, Glycemic Load:12.05, Inflammation Score:-6, Nutrition Score:18.292608592821%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 564.06kcal (28.2%), Fat: 36.41g (56.02%), Saturated Fat: 17.45g (109.06%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 30.58g (11.12%), Sugar: 2.8g (3.11%), Cholesterol: 288.52mg (96.17%), Sodium: 933.24mg (40.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.8%), Selenium: 53.39µg (76.27%), Vitamin K: 42.59µg (40.56%), Phosphorus: 381.43mg (38.14%), Calcium: 299.44mg (29.94%), Vitamin B2: 0.44mg (26.09%), Vitamin A: 1170.07IU (23.4%), Vitamin B12: 1.31µg (21.87%), Manganese: 0.43mg (21.45%), Zinc: 2.54mg (16.96%), Vitamin B5: 1.4mg (13.99%), Vitamin B6: 0.27mg (13.7%), Vitamin D: 1.78µg (11.86%), Iron: 1.99mg (11.05%), Vitamin B1: 0.16mg (10.83%), Magnesium: 42.98mg (10.75%), Folate: 40.41µg (10.1%), Vitamin B3: 1.94mg (9.7%), Copper: 0.18mg (9%), Potassium: 304.11mg (8.69%), Vitamin E: 0.95mg (6.36%), Fiber: 1.38g (5.54%), Vitamin C: 3.7mg (4.48%)