



Mini Bacon and Potato Frittatas

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 5 slices bacon uncooked ()
- 12 ounces baking potatoes peeled finely chopped
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon thyme dried
- 7 large egg whites lightly beaten
- 3 large eggs lightly beaten
- 0.5 cup chives fresh divided chopped
- 2 tablespoons parmesan fresh grated

- 1 teaspoon salt divided
- 6 tablespoons cream fat-free sour
- 0.5 cup onion sweet finely chopped

Equipment

- frying pan
- sauce pan
- oven
- whisk
- wire rack
- muffin liners

Directions

- Preheat oven to 37
- Place potato in a medium saucepan; cover with water. Bring to a boil; cook 4 minutes or until almost tender.
- Drain.
- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside.
- Add potato, onion, 1/4 teaspoon salt, and thyme to drippings in pan; cook 8 minutes or until potato is lightly brown over medium-high heat.
- Remove from heat; cool.
- Combine the potato mixture, bacon, remaining 3/4 teaspoon salt, 2 tablespoons chives, cheese, pepper, egg whites, and eggs, stirring well with a whisk. Coat 36 mini muffin cups with cooking spray. Spoon about 1 tablespoon egg mixture into each muffin cup.
- Bake at 375 for 16 minutes or until lightly brown. Cool 5 minutes on a wire rack.
- Remove frittatas from muffin cups. Top each with 1/2 teaspoon sour cream and 1/2 teaspoon chives.

Nutrition Facts



■ PROTEIN 24.53% ■ FAT 46.81% ■ CARBS 28.66%

Properties

Glycemic Index:10.49, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:2.8891304290813%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 66.01kcal (3.3%), Fat: 3.41g (5.25%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.37g (1.59%), Sugar: 0.5g (0.56%), Cholesterol: 35.77mg (11.92%), Sodium: 218.67mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Selenium: 6.8µg (9.71%), Vitamin B2: 0.12mg (6.81%), Vitamin B6: 0.1mg (5.25%), Phosphorus: 47.19mg (4.72%), Potassium: 138.09mg (3.95%), Vitamin K: 3.04µg (2.89%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.25mg (2.54%), Folate: 9.79µg (2.45%), Vitamin B3: 0.48mg (2.4%), Vitamin C: 1.94mg (2.36%), Manganese: 0.05mg (2.33%), Magnesium: 9.08mg (2.27%), Vitamin B12: 0.13µg (2.25%), Calcium: 22.28mg (2.23%), Vitamin A: 111.08IU (2.22%), Iron: 0.4mg (2.21%), Zinc: 0.29mg (1.91%), Copper: 0.04mg (1.83%), Fiber: 0.33g (1.3%), Vitamin D: 0.19µg (1.29%)