



Mini Frittatas

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 large eggs
- 6 slices ham
- 6 tablespoons milk
- 1 small onion finely chopped
- 1 small potatoes peeled cut into 1/4-inch dice
- 0.5 bell pepper diced red
- 6 servings salt
- 1 tablespoon vegetable oil

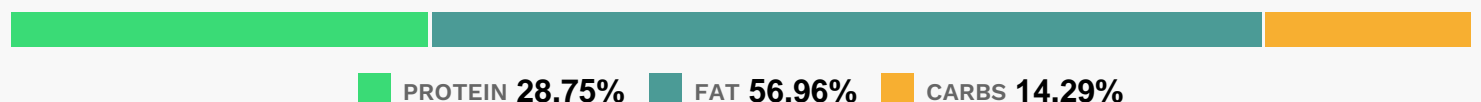
Equipment

- frying pan
- oven
- whisk
- wire rack
- muffin liners
- measuring cup
- muffin tray

Directions

- Preheat oven to 375F. Mist a 12-cup muffin tin with nonstick cooking spray.
- Cut each slice of ham in half and press 1 piece into each cup.
- Warm oil in a skillet over medium-high heat. Cook potato, stirring, until softened and golden, about 5 minutes.
- Add onion and bell pepper and cook, stirring, until softened, 3 to 5 minutes longer. Season with salt and divide among muffin cups.
- In a large measuring cup, whisk together eggs, milk and 1/4 tsp. salt.
- Pour egg mixture into muffin cups so each one is about half full.
- Bake until eggs are cooked through, about 15 minutes.
- Let stand on a wire cooling rack for 5 minutes.
- Remove frittatas from muffin tin and serve warm, or let cool completely and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:4.26, Inflammation Score:-5, Nutrition Score:12.403912938159%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 221.47kcal (11.07%), Fat: 13.85g (21.31%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.79g (2.47%), Sugar: 2.1g (2.33%), Cholesterol: 267.16mg (89.05%), Sodium: 629.08mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Selenium: 27.26µg (38.94%), Vitamin B2: 0.41mg (23.99%), Vitamin C: 19.14mg (23.2%), Phosphorus: 229.18mg (22.92%), Vitamin B6: 0.36mg (17.77%), Vitamin B1: 0.24mg (15.78%), Vitamin B12: 0.85µg (14.23%), Vitamin A: 695.59IU (13.91%), Vitamin B5: 1.34mg (13.36%), Zinc: 1.7mg (11.32%), Vitamin D: 1.69µg (11.3%), Folate: 43.49µg (10.87%), Potassium: 351.86mg (10.05%), Iron: 1.7mg (9.45%), Vitamin B3: 1.72mg (8.62%), Vitamin E: 1.16mg (7.7%), Calcium: 64.64mg (6.46%), Magnesium: 24mg (6%), Copper: 0.11mg (5.42%), Vitamin K: 5.48µg (5.22%), Manganese: 0.09mg (4.66%), Fiber: 1.03g (4.12%)