



Mini Frittatas



Gluten Free



Popular

READY IN



25 min.

SERVINGS



10

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 10 servings mix-ins shredded assorted cooked finely chopped (I used cheese, bacon, bell peppers)
- ☐ 4 large eggs
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt

Equipment

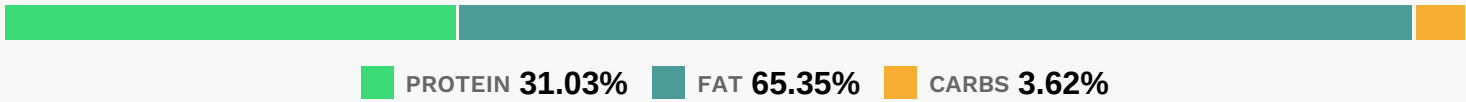
- ☐ bowl
- ☐ oven
- ☐ knife

- ☐ whisk
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 350F. Grease about 10 molds of mini muffin pan.
- ☐ Whisk together the eggs, half-and-half, and salt in a medium bowl, then evenly distribute the egg mixture among the muffin cups.
- ☐ Add about 1 tablespoons of mix-ins to each cup.
- ☐ Bake the frittatas until they are puffy and the edges are golden brown, about 15 minutes. Loosen with knife and serve warm.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:4.7530434675839%

Nutrients (% of daily need)

Calories: 116.26kcal (5.81%), Fat: 8.36g (12.85%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.66g (0.73%), Cholesterol: 97.25mg (32.42%), Sodium: 322.55mg (14.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Calcium: 160.18mg (16.02%), Selenium: 11.02µg (15.74%), Phosphorus: 144.88mg (14.49%), Vitamin B12: 0.85µg (14.16%), Vitamin B2: 0.18mg (10.53%), Zinc: 1.1mg (7.34%), Vitamin A: 307.16IU (6.14%), Vitamin D: 0.58µg (3.86%), Vitamin B5: 0.37mg (3.69%), Folate: 11.36µg (2.84%), Iron: 0.47mg (2.63%), Vitamin B6: 0.05mg (2.4%), Magnesium: 8.73mg (2.18%), Vitamin E: 0.27mg (1.77%), Potassium: 58.05mg (1.66%), Vitamin B1: 0.02mg (1.32%)