



Mini Frittatas with Ham and Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.1 teaspoon thyme dried
- ☐ 1 large eggs
- ☐ 4 large egg whites
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 ounces ham chopped reduced-fat
- ☐ 1.5 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 cup onion finely chopped

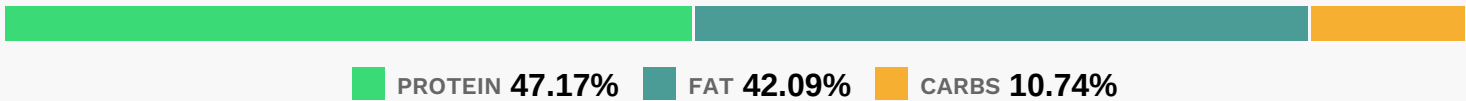
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 2 minutes or until crisp-tender.
- ☐ Add ham; saut 3 minutes.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Combine remaining ingredients in a large bowl; stir with a whisk.
- ☐ Add ham mixture, stirring with a whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.5730434604313%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 48.28kcal (2.41%), Fat: 2.2g (3.39%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.61g (0.67%), Cholesterol: 28.76mg (9.59%), Sodium: 153.36mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Selenium: 7.66µg (10.94%), Vitamin B2: 0.13mg (7.77%), Phosphorus: 59.16mg (5.92%), Vitamin B1: 0.05mg (3.45%), Calcium: 30.63mg (3.06%), Vitamin B6: 0.05mg (2.7%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.14µg (2.36%), Potassium: 76.66mg (2.19%), Vitamin K: 2.01µg (1.91%), Vitamin B5: 0.18mg (1.84%), Vitamin B3: 0.36mg (1.79%), Folate: 7.13µg (1.78%), Vitamin A: 78.37IU (1.57%), Magnesium: 6.16mg (1.54%), Iron: 0.26mg (1.46%), Vitamin C: 1.18mg (1.43%), Manganese: 0.03mg (1.29%), Vitamin D: 0.18µg (1.2%), Copper: 0.02mg (1.05%)