



Mini Ham-and-Cheese Frittatas

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 cups baking potato peeled finely chopped (2 medium)
- 2 teaspoons canola oil
- 7 large egg whites lightly beaten
- 3 large eggs lightly beaten
- 3 ounces extralean ham diced
- 1 ounce mild cheddar cheese shredded
- 0.3 teaspoon salt

Equipment

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

Directions

- Preheat oven to 37
- Place potato in a saucepan; cover with water. Cover and bring to a boil. Reduce heat; simmer 7 minutes or until almost tender.
- Drain.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add potato and salt; cook 7 minutes or until potato is lightly browned.
- Combine potato, ham, and next 3 ingredients in a large bowl. Spoon mixture into 16 muffin cups coated with cooking spray.
- Bake at 375 for 15 minutes or until lightly browned. Cool in pans on a wire rack 5 minutes; remove from pans.
- Serve a cooled frittata in a small bowl or on a rimmed plate.

Nutrition Facts



PROTEIN 31.65% **FAT 44.17%** **CARBS 24.18%**

Properties

Glycemic Index:13.97, Glycemic Load:5.35, Inflammation Score:-1, Nutrition Score:5.6617390902146%

Nutrients (% of daily need)

Calories: 120.58kcal (6.03%), Fat: 5.85g (9%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.72g (2.44%), Sugar: 0.52g (0.58%), Cholesterol: 79.89mg (26.63%), Sodium: 298.47mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Selenium: 15.1µg (21.57%), Vitamin B2: 0.26mg (15.53%), Vitamin B6: 0.21mg (10.28%), Phosphorus: 101.06mg (10.11%), Potassium: 262.46mg (7.5%), Vitamin B1: 0.1mg (6.96%), Vitamin B5: 0.52mg (5.18%), Vitamin B12: 0.3µg (4.97%), Zinc: 0.74mg (4.91%), Vitamin B3: 0.91mg

(4.54%), Calcium: 43.24mg (4.32%), Iron: 0.77mg (4.29%), Magnesium: 17.03mg (4.26%), Folate: 16.28µg (4.07%), Manganese: 0.07mg (3.47%), Copper: 0.07mg (3.44%), Vitamin D: 0.47µg (3.14%), Vitamin E: 0.44mg (2.94%), Vitamin A: 137.13IU (2.74%), Vitamin C: 2.14mg (2.59%), Fiber: 0.49g (1.95%), Vitamin K: 1.53µg (1.46%)