



Mini Ham & Cheese Frittatas

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



22 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.8 cup milk cheddar cheese shredded 2% kraft
- 0.3 cup oscar mayer deli honey ham fresh finely chopped
- 0.5 tsp dill weed
- 3 egg whites
- 1 Tbsp water
- 2 eggs whole

Equipment

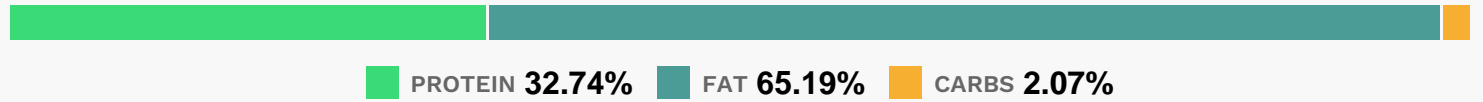
- bowl

- oven
- whisk
- muffin liners

Directions

- Heat oven to 350F.
- Beat whole eggs, egg whites and water with whisk in medium bowl until blended. Stir in ham and dill weed.
- Spoon into 12 mini muffin cups sprayed with cooking spray; top with cheese. (Cheese will sink slightly.)
- Bake 18 to 20 min. or until puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.89173913293559%

Nutrients (% of daily need)

Calories: 22.07kcal (1.1%), Fat: 1.58g (2.42%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 0.11g (0.04%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.04g (0.05%), Cholesterol: 14.96mg (4.99%), Sodium: 51.05mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Selenium: 2.75µg (3.93%), Vitamin B2: 0.04mg (2.55%), Phosphorus: 23.42mg (2.34%), Calcium: 21.98mg (2.2%), Zinc: 0.19mg (1.25%), Vitamin B12: 0.07µg (1.19%)