



Mini-Smoked Salmon Frittatas

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 large egg whites
- ☐ 6 large eggs
- ☐ 1 tablespoon half-and-half
- ☐ 3 tablespoons milk 1%
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup onion diced
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons scallions thinly sliced for garnish
- ☐ 4 ounces salmon smoked cut into 1/4-inch pieces

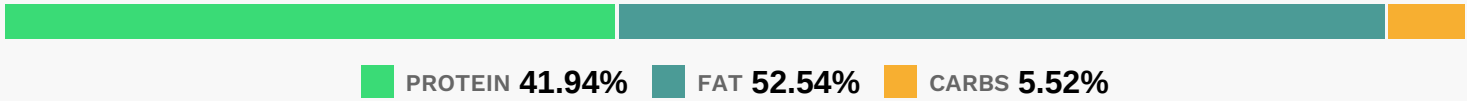
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ stove

Directions

- ☐ Preheat oven to 32
- ☐ Heat oil in a nonstick skillet. Saut onion 23 minutes or until soft; add salt, pepper, and salmon.
- ☐ Remove from stovetop; let cool.
- ☐ Combine the next 4 ingredients (through milk) in a bowl. Stir in the cream cheese. Lightly coat 6 (8-ounce) ramekins with cooking spray.
- ☐ Add 2 tablespoons of salmon mixture to each ramekin.
- ☐ Pour 3/4 cup egg mixture into each ramekin. (Do not overfill.)
- ☐ Place ramekins on baking sheet; bake 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:9.6091304887896%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 147.03kcal (7.35%), Fat: 8.35g (12.85%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.3g (1.45%), Cholesterol: 191.6mg (63.87%), Sodium: 491.1mg (21.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (29.99%), Selenium: 30.56µg (43.66%), Vitamin D: 4.31µg (28.76%), Vitamin B2: 0.46mg (27.03%), Vitamin B12: 1.15µg (19.19%), Phosphorus: 149.43mg (14.94%), Vitamin B5: 1.06mg (10.59%), Vitamin B6: 0.15mg (7.74%), Vitamin E: 1.14mg (7.58%), Folate: 28.42µg (7.1%), Vitamin A: 330.29IU (6.61%), Iron: 1.13mg (6.3%), Potassium: 204.89mg (5.85%), Vitamin K: 5.85µg (5.57%), Zinc: 0.78mg (5.19%), Vitamin B3: 1.01mg (5.03%), Calcium: 48.59mg (4.86%), Copper: 0.09mg (4.74%), Magnesium: 16.53mg (4.13%), Vitamin B1: 0.04mg (2.36%), Manganese: 0.04mg (2%), Vitamin C: 0.89mg (1.08%)