



MIRACLE WHIP Potatoes Frittata

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



20 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 eggs
- 3 green onions sliced
- 4 slices oscar mayer ham boiled finely chopped
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 0.8 lb potatoes red cooked chopped (2)
- 0.3 tsp salt and pepper

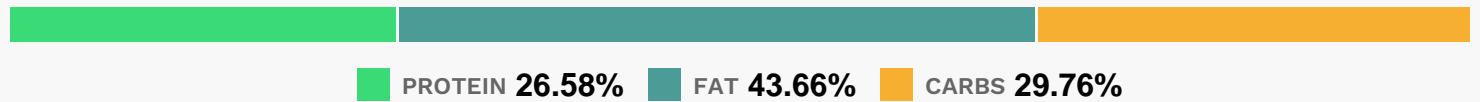
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 350F.
- Combine potatoes, ham and onions; spoon into 9-inch pie plate sprayed with cooking spray.
- Beat eggs and milk in small bowl with whisk until well blended. Stir in dressing, salt and pepper; pour over potato mixture.
- Bake 25 to 30 min. or until center is set.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1247826050157%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 20.15kcal (1.01%), Fat: 0.97g (1.5%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.36g (0.4%), Cholesterol: 21.33mg (7.11%), Sodium: 60.91mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Selenium: 2.19µg (3.13%), Phosphorus: 20.98mg (2.1%), Vitamin B2: 0.03mg (1.97%), Vitamin K: 1.71µg (1.63%), Vitamin B6: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.48%), Potassium: 49.3mg (1.41%), Vitamin B5: 0.12mg (1.15%), Vitamin B12: 0.07µg (1.13%), Folate: 4.23µg (1.06%)