



Mushroom and Bacon Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 pound bacon smoked sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 10 eggs
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup gruyere cheese grated
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup milk

- ☐ 2 cups mushroom caps stemmed cleaned sliced
- ☐ 1.5 cups onion sweet sliced
- ☐ 8 oz mushrooms white cleaned trimmed sliced

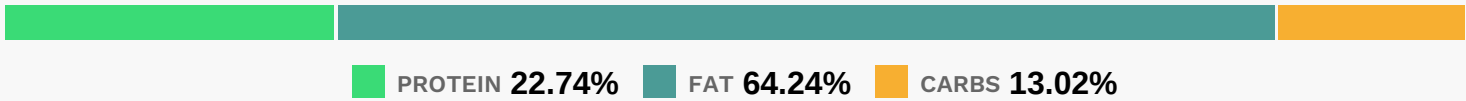
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375F. In a large, ovenproof, nonstick skillet, cook bacon over medium heat until just crisp, about 10 minutes. With a slotted spoon, transfer bacon to paper towels in order to drain, leaving fat in skillet. In a bowl, whisk eggs, milk, salt and pepper; set aside.
- ☐ In rendered bacon fat, cook onion over medium heat, stirring occasionally until soft and translucent, about 4 minutes.
- ☐ Add mushrooms and cook until wilted, about 5 minutes.
- ☐ Add garlic and cook for 1 minute. Stir in reserved bacon and thyme.
- ☐ Add egg mixture and stir gently and evenly to distribute filling. Cook for 1 minute on top of stove.
- ☐ Top eggs with cheese, then bake frittata in oven until just set in center, 8 to 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:19.661739147228%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 370.39kcal (18.52%), Fat: 26.75g (41.15%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 9.28g (3.38%), Sugar: 5.85g (6.5%), Cholesterol: 312.29mg (104.1%), Sodium: 840.43mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.61%), Selenium: 40.25µg (57.5%), Vitamin B2: 0.76mg (44.56%), Phosphorus: 417.96mg (41.8%), Vitamin B5: 3.22mg (32.21%), Vitamin B3: 5.99mg (29.93%), Vitamin B6: 0.58mg (28.87%), Calcium: 199.34mg (19.93%), Zinc: 2.97mg (19.83%), Vitamin B12: 1.14µg (19.04%), Potassium: 628.49mg (17.96%), Copper: 0.34mg (16.82%), Manganese: 0.31mg (15.54%), Folate: 61.82µg (15.46%), Vitamin D: 2.28µg (15.23%), Vitamin B1: 0.21mg (14.19%), Iron: 2.4mg (13.31%), Vitamin A: 631.45IU (12.63%), Fiber: 2.92g (11.66%), Magnesium: 45.05mg (11.26%), Vitamin C: 5.83mg (7.06%), Vitamin E: 0.99mg (6.58%)