



## Nan's Potato and Egg Frittata

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



27 min.

SERVINGS



4

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 1 large baking potatoes peeled sliced
- 6 eggs beaten
- 2 tablespoons olive oil
- 4 servings salt and pepper to taste

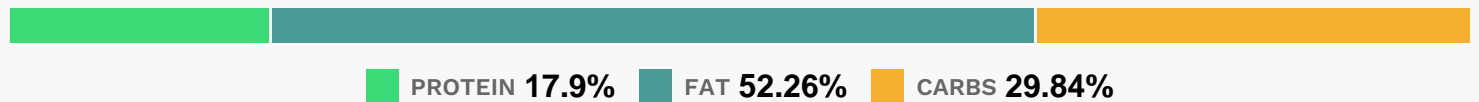
### Equipment

- frying pan
- paper towels

## Directions

- Heat oil in a large skillet or frying pan over medium-high heat.
- Spread potato slices across bottom of the pan and cook, turning once, until golden on both sides.
- Remove slices from pan and drain.
- When all potato slices have been cooked, return them to the pan. Turn heat to high.
- Pour on the beaten eggs and season with salt and pepper. Tilt the pan so that the eggs flow to the bottom of the pan. Turn heat to medium low. Cover pan with a plate and flip pan so that frittata is turned out onto plate. Slide the frittata back into the pan with the uncooked side down. Cover and let cook another 2 minutes.
- When frittata is finished cooking, remove it from the pan and drain briefly on paper towels before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.19, Glycemic Load:13.11, Inflammation Score:-3, Nutrition Score:10.350869572681%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 229.14kcal (11.46%), Fat: 13.35g (20.54%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.95g (5.8%), Sugar: 0.82g (0.91%), Cholesterol: 245.52mg (81.84%), Sodium: 292.26mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Selenium: 20.63µg (29.47%), Vitamin B6: 0.43mg (21.52%), Vitamin B2: 0.33mg (19.53%), Phosphorus: 181.42mg (18.14%), Potassium: 475.87mg (13.6%), Vitamin B5: 1.29mg (12.89%), Vitamin E: 1.71mg (11.4%), Iron: 1.99mg (11.05%), Folate: 43.94µg (10.98%), Vitamin B12: 0.59µg (9.79%), Vitamin D: 1.32µg (8.8%), Manganese: 0.16mg (8.19%), Zinc: 1.12mg (7.46%), Magnesium: 29.14mg (7.29%), Vitamin A: 357.32IU (7.15%), Copper: 0.14mg (7.13%), Vitamin B1: 0.1mg (6.8%), Vitamin C: 5.26mg (6.37%), Vitamin K: 6.07µg (5.78%), Vitamin B3: 1mg (5.02%), Calcium: 49.14mg (4.91%), Fiber: 1.2g (4.8%)