



Pine Nut and Endive Frittata with Crackling

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



732 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 belgian endives sliced into 1/2-inch rounds
- ☐ 1 pound duck bacon cut into 1-inch to 1/4 -inch lardons
- ☐ 8 eggs beaten
- ☐ 0.3 cup pecorino cheese
- ☐ 0.5 cup pinenuts
- ☐ 0.5 medium onion red thinly sliced
- ☐ 4 servings salt and pepper to taste

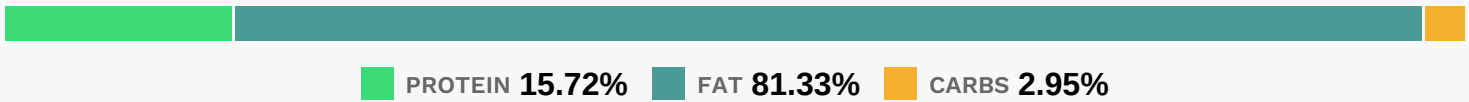
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ In an 8-inch non-stick saute pan, render duck skin or bacon over medium heat to crisp cracklings.
- ☐ Remove and set aside on paper towels and pour off all but 1 tablespoon of duck fat.
- ☐ Add onion and cook until softened (about 8 to 10 minutes).
- ☐ Add pine nuts and endives and cook 2 minutes until endives have softened.
- ☐ Add eggs and cheese and season with salt and pepper and stir well with pine nut mixture. Allow eggs to set on bottom by cooking without stirring 2 minutes and place in oven. Cook 8 to 9 minutes, or until eggs have set but are not dried out.
- ☐ Remove from oven, flip out onto plate and allow to cool.
- ☐ To serve plain, slice into wedges like a pie and serve, sprinkling over pine nuts and cracklings or use as contorno for stuffed duck neck dish.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:25.135652168937%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 731.73kcal (36.59%), Fat: 66.25g (101.92%), Saturated Fat: 19.65g (122.84%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 3.74g (1.36%), Sugar: 1.56g (1.73%), Cholesterol: 420.04mg (140.01%), Sodium: 466.61mg (20.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.61%), Manganese: 1.58mg (78.76%), Selenium: 42.22µg (60.32%), Phosphorus: 487.27mg (48.73%), Vitamin B2: 0.71mg (41.92%), Iron: 5.34mg (29.65%), Copper: 0.57mg (28.73%), Vitamin B3: 5.33mg (26.66%), Zinc: 3.99mg (26.62%), Vitamin B5: 2.56mg (25.62%),

Vitamin B1: 0.35mg (23.01%), Vitamin E: 3.31mg (22.06%), Vitamin B6: 0.41mg (20.69%), Magnesium: 76.52mg (19.13%), Vitamin B12: 1.14µg (18.94%), Folate: 74.69µg (18.67%), Vitamin D: 2.59µg (17.23%), Potassium: 540.59mg (15.45%), Vitamin K: 15.79µg (15.04%), Vitamin A: 704.5IU (14.09%), Calcium: 139.27mg (13.93%), Fiber: 1.68g (6.72%), Vitamin C: 5.07mg (6.15%)