



## Potato and Boursin Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



753 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 5 oz boursin garlic-herb cheese chilled
- ☐ 8 large eggs
- ☐ 2 cups hash brown potatoes shredded frozen (from a 16-oz bag)
- ☐ 0.3 cup olive oil
- ☐ 4 servings accompaniment: salmon smoked sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 cups scallions chopped

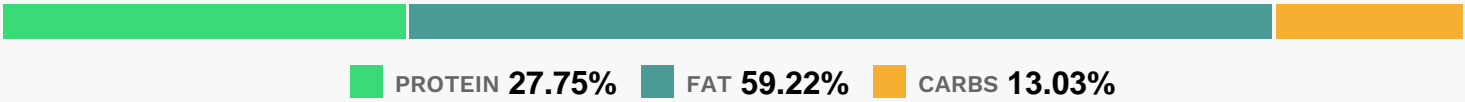
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ oven mitt

## Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Whisk together eggs, salt, and pepper until just combined.
- ☐ Heat oil in an ovenproof 9- to 10-inch heavy nonstick skillet over high heat until very hot but not smoking.
- ☐ Add potatoes and scallions to oil, stirring once, then cover and cook until beginning to brown, about 4 minutes. Stir potato mixture once, then cover and cook 3 minutes more.
- ☐ Pour beaten eggs evenly over potato mixture and crumble cheese over eggs.
- ☐ Transfer skillet to oven and bake frittata, uncovered, until set and just cooked through, about 15 minutes. Invert a plate over skillet and, holding them together with oven mitts, invert frittata onto plate and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:6.1, Inflammation Score:-8, Nutrition Score:42.365217250326%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

## Nutrients (% of daily need)

Calories: 753.1kcal (37.66%), Fat: 49.2g (75.7%), Saturated Fat: 16.62g (103.91%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 21.54g (7.83%), Sugar: 2.76g (3.06%), Cholesterol: 502.16mg (167.39%), Sodium: 613.51mg

(26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.87g (103.75%), Selenium: 93.38µg (133.4%), Vitamin K: 112.34µg (106.99%), Vitamin B12: 6.3µg (104.93%), Vitamin B6: 1.68mg (84.16%), Vitamin B3: 15.45mg (77.25%), Vitamin B2: 1.16mg (68.13%), Phosphorus: 606.24mg (60.62%), Vitamin B5: 4.74mg (47.42%), Potassium: 1411.74mg (40.34%), Vitamin B1: 0.55mg (36.92%), Copper: 0.65mg (32.29%), Folate: 125.74µg (31.44%), Vitamin A: 1474.29IU (29.49%), Iron: 4.98mg (27.67%), Vitamin C: 18.01mg (21.83%), Vitamin E: 3.27mg (21.81%), Magnesium: 83.28mg (20.82%), Zinc: 2.8mg (18.65%), Manganese: 0.32mg (16.04%), Calcium: 148.65mg (14.86%), Vitamin D: 2µg (13.33%), Fiber: 2.83g (11.33%)