



Potato and Prosciutto Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



352 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup olive oil
- ☐ 2 cloves garlic
- ☐ 1 small onion finely chopped
- ☐ 1 lb fingerling potatoes cut into coins
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 serving salt and pepper
- ☐ 6 slices pancetta chopped

- ☐ 12 eggs
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan cheese grated

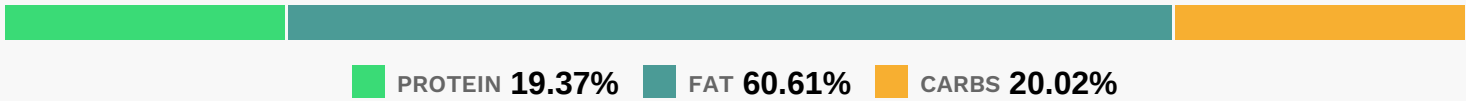
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 450°F. In 12-inch ovenproof skillet, heat oil over medium heat. Crush garlic cloves, leaving them mostly whole; add in skillet. Cook 2 minutes or until garlic begins to brown.
- ☐ Remove from skillet; discard garlic.
- ☐ In same skillet, place onion, potatoes, rosemary and thyme. Season with salt and pepper. Cook about 12 minutes or until onion is softened and potatoes are almost thoroughly cooked. Stir in prosciutto.
- ☐ In medium bowl, beat eggs and milk with whisk until well blended. Season with additional salt and pepper.
- ☐ Add egg mixture to skillet; slowly move egg mixture around skillet.
- ☐ Transfer skillet to oven.
- ☐ Bake 10 to 12 minutes or until puffy and beginning to brown.
- ☐ Remove from oven; sprinkle cheese over top. Return to oven until cheese is melted.
- ☐ Cut frittata into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:10.39, Inflammation Score:-7, Nutrition Score:15.483478276626%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 351.52kcal (17.58%), Fat: 23.64g (36.37%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 15.56g (5.66%), Sugar: 2.4g (2.67%), Cholesterol: 342.33mg (114.11%), Sodium: 369.28mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Selenium: 32.35µg (46.22%), Phosphorus: 308.06mg (30.81%), Vitamin B2: 0.5mg (29.27%), Vitamin B6: 0.44mg (22.14%), Vitamin C: 17.21mg (20.86%), Vitamin B5: 1.75mg (17.46%), Vitamin B12: 1.05µg (17.43%), Calcium: 165.79mg (16.58%), Vitamin E: 2.32mg (15.45%), Potassium: 528.81mg (15.11%), Folate: 56.87µg (14.22%), Vitamin D: 2.06µg (13.72%), Iron: 2.43mg (13.5%), Zinc: 1.94mg (12.93%), Vitamin A: 626.44IU (12.53%), Manganese: 0.2mg (9.78%), Vitamin B1: 0.14mg (9.28%), Magnesium: 37.05mg (9.26%), Copper: 0.16mg (8.21%), Fiber: 2.02g (8.09%), Vitamin K: 7.38µg (7.03%), Vitamin B3: 1.25mg (6.24%)