



Potato-Bacon Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 bacon crumbled cooked
- ☐ 6 large eggs
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups ore-ida potatoes o'brien
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded

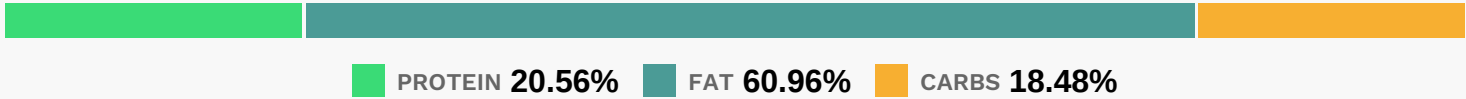
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Melt butter in a 10-inch nonstick skillet over medium heat; add potatoes, and cook 10 minutes or until golden brown.
- ☐ Stir together eggs and next 3 ingredients; pour over potatoes. Cook frittata, gently lifting edges with a spatula and tilting pan so uncooked portion flows underneath, until set. If center remains uncooked, carefully turn frittata over, and cook 5 minutes.
- ☐ Remove from heat, and sprinkle with Cheddar cheese. Cover with aluminum foil, and let stand 5 minutes.
- ☐ Sprinkle with crumbled bacon, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:9.18, Inflammation Score:-5, Nutrition Score:12.052608562552%

Flavonoids

Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 293.49kcal (14.67%), Fat: 19.85g (30.54%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 11.97g (4.35%), Sugar: 1.03g (1.15%), Cholesterol: 213.42mg (71.14%), Sodium: 498.03mg (21.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.13%), Selenium: 25.06µg (35.81%), Phosphorus: 263.29mg (26.33%), Vitamin B2: 0.36mg (21.32%), Calcium: 179.58mg (17.96%), Vitamin B6: 0.35mg (17.56%), Vitamin C: 13.8mg (16.73%), Vitamin A: 722.68IU (14.45%), Vitamin B12: 0.77µg (12.78%), Potassium: 429.74mg (12.28%), Zinc: 1.81mg (12.05%), Vitamin B5: 1.17mg (11.67%), Folate: 38.75µg (9.69%), Vitamin B1: 0.13mg (8.66%), Iron: 1.54mg (8.53%), Vitamin B3: 1.63mg (8.16%), Vitamin D: 1.2µg (8%), Magnesium: 30.64mg (7.66%), Manganese: 0.14mg (6.79%), Copper: 0.13mg (6.37%), Fiber: 1.56g (6.24%), Vitamin E: 0.93mg (6.18%), Vitamin K:

2.09μg (1.99%)