



Potato Basil Frittata

READY IN



80 min.

SERVINGS



8

CALORIES



495 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 extra large eggs
- ☐ 0.3 cup flour
- ☐ 0.8 cup basil leaves fresh chopped
- ☐ 0.8 pound gruyère cheese grated
- ☐ 0.5 teaspoon kosher salt
- ☐ 15 ounces ricotta cheese
- ☐ 8 tablespoons butter unsalted divided 1 stick

☐ 2 cups and) diced boiling peeled

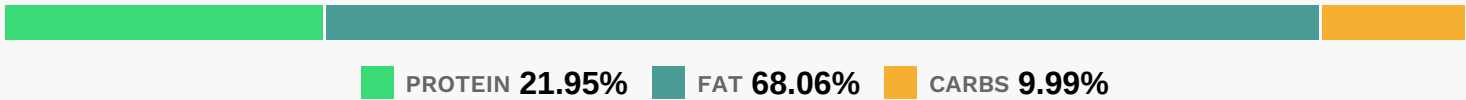
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 350 degrees F.
- ☐ Melt 3 tablespoons of butter in a 10-inch ovenproof omelet pan over medium-low heat.
- ☐ Add the potatoes and fry them until cooked through, turning often, about 10 to 15 minutes. Melt the remaining 5 tablespoons of butter in a small dish in the microwave.
- ☐ Meanwhile, whisk the eggs, then stir in the ricotta, Gruyere, melted butter, salt, pepper, and basil.
- ☐ Sprinkle on the flour and baking powder and stir into the egg mixture.
- ☐ Pour the egg mixture over the potatoes and place the pan in the center of the oven.
- ☐ Bake the frittata until it is browned and puffed, 50 minutes to 1 hour. It will be rounded and firm in the middle and a knife inserted in the frittata should come out clean.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:17.251739159874%

Flavonoids

Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 494.81kcal (24.74%), Fat: 37.44g (57.6%), Saturated Fat: 21.41g (133.84%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 11.51g (4.19%), Sugar: 1.02g (1.13%), Cholesterol: 312.31mg (104.1%), Sodium: 621.4mg (27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Calcium: 605.44mg (60.54%), Phosphorus: 493.67mg (49.37%), Selenium: 33.17µg (47.39%), Vitamin B2: 0.52mg (30.72%), Vitamin A: 1413.93IU (28.28%), Vitamin B12: 1.38µg (23.06%), Zinc: 3.19mg (21.27%), Folate: 55.2µg (13.8%), Vitamin B5: 1.36mg (13.6%), Vitamin K: 13.53µg (12.88%), Vitamin D: 1.69µg (11.28%), Vitamin B6: 0.22mg (11.14%), Iron: 1.9mg (10.55%), Potassium: 355.5mg (10.16%), Magnesium: 39.31mg (9.83%), Vitamin B1: 0.13mg (8.51%), Manganese: 0.16mg (7.86%), Vitamin E: 1.12mg (7.44%), Copper: 0.14mg (6.78%), Vitamin B3: 0.91mg (4.54%), Vitamin C: 3.63mg (4.4%), Fiber: 0.85g (3.39%)