



Potato-Chip Frittatas

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 5 eggs
- ☐ 0.5 cup leek sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion sliced
- ☐ 6 servings potato chips
- ☐ 6 servings salt and pepper
- ☐ 4 tablespoons cheese shredded (such as cheddar or—our favorite—smoked provolone)

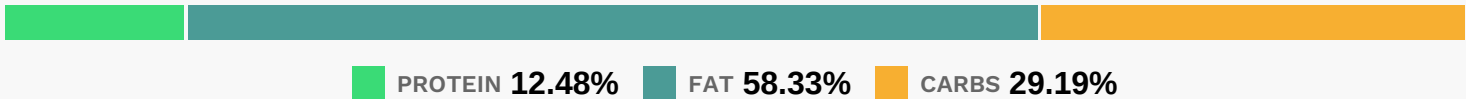
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat oven to 325°F.
- ☐ Whisk together the eggs, milk, salt, and pepper; set aside.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Add the leek and onion with a pinch of salt. Cook until tender, about 5 minutes.
- ☐ Add the carrot; cook for 1 minute more.
- ☐ Remove from heat.
- ☐ Grease a 6-cup muffin tin. Divide the cheese among the cups, then the vegetables.
- ☐ Pour in the egg mixture until each cup is three-quarters full.
- ☐ Add a few potato chips to each.
- ☐ Bake until cooked through, 12 to 15 minutes. Run a knife around the edges to loosen; serve.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:11.688695638076%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 253.25kcal (12.66%), Fat: 16.67g (25.64%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 17.25g (6.27%), Sugar: 1.65g (1.83%), Cholesterol: 140.88mg (46.96%), Sodium: 438.37mg (19.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin A: 2142.18IU (42.84%), Vitamin E: 3.79mg (25.23%), Selenium: 13.07µg (18.67%), Vitamin B5: 1.84mg (18.43%), Phosphorus: 145.7mg (14.57%), Manganese: 0.27mg (13.33%), Potassium: 457.92mg (13.08%), Vitamin B6: 0.26mg (13.06%), Vitamin B2: 0.22mg (12.96%), Vitamin K: 12.78µg (12.17%), Vitamin C: 8.55mg (10.37%), Folate: 35.06µg (8.76%), Vitamin B12: 0.46µg (7.59%), Vitamin B3: 1.52mg (7.58%), Magnesium: 27.87mg (6.97%), Iron: 1.26mg (6.97%), Zinc: 1mg (6.68%), Calcium: 66.14mg (6.61%), Vitamin B1: 0.09mg (6.24%), Fiber: 1.53g (6.11%), Copper: 0.11mg (5.58%), Vitamin D: 0.76µg (5.04%)