



Potato Crusted Frittata

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4.5 oz alouette garlic & herbs spreadable cheese betty seasoned skillet[®]
- 1 serving vegetable oil for on potato box
- 8 oz mushrooms fresh sliced (3 cups)
- 0.5 cup onion chopped
- 1 medium bell pepper green red seeded chopped
- 2 oz cheddar cheese shredded
- 6 eggs
- 0.3 cup whipping cream

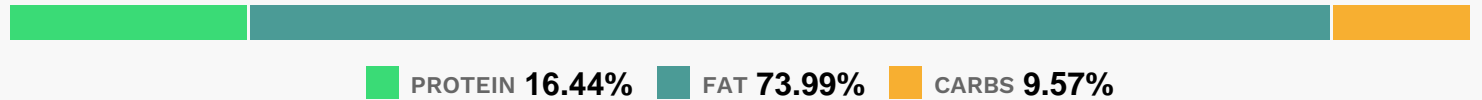
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 375°F. Make potatoes as directed on box, using ovenproof 10-inch nonstick skillet.
- Meanwhile, in another 10-inch nonstick skillet, cook mushrooms, onion and bell pepper over medium-high heat about 5 minutes, stirring frequently, until vegetables start to soften.
- When potatoes are done, sprinkle with cooked vegetables and cheese. In medium bowl, beat eggs and cream with whisk; pour on top.
- Bake about 20 minutes or until eggs are set. Loosen around side of frittata. Carefully turn upside down onto platter, and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:9.8817390566287%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 247.39kcal (12.37%), Fat: 20.88g (32.12%), Saturated Fat: 10.03g (62.66%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.13g (1.87%), Sugar: 2.27g (2.53%), Cholesterol: 207.45mg (69.15%), Sodium: 245.53mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Selenium: 20.06µg (28.66%), Vitamin B2: 0.42mg (24.85%), Vitamin C: 17.79mg (21.56%), Phosphorus: 176.49mg (17.65%), Vitamin B5: 1.34mg (13.41%), Vitamin A: 551.71IU (11.03%), Calcium: 104.18mg (10.42%), Vitamin B6: 0.18mg (9.23%), Copper: 0.17mg

(8.72%), Vitamin B12: 0.52µg (8.71%), Folate: 34µg (8.5%), Zinc: 1.18mg (7.89%), Vitamin D: 1.17µg (7.81%), Vitamin B3: 1.52mg (7.6%), Potassium: 251.79mg (7.19%), Vitamin K: 6.49µg (6.18%), Iron: 1.08mg (6%), Vitamin E: 0.89mg (5.97%), Vitamin B1: 0.07mg (4.69%), Magnesium: 15.24mg (3.81%), Fiber: 0.94g (3.77%), Manganese: 0.07mg (3.63%)