



Potato, Egg and Sausage Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 egg whites
- 0.3 cup skim milk fat-free (skim)
- 1 teaspoon olive oil
- 2 cups hash browns shredded frozen country-style (from 30-oz bag)
- 4 mild sausage links to package directions and coin frozen cut into eighths (from 8-oz box)
- 0.3 teaspoon salt
- 0.1 teaspoon basil dried
- 0.1 teaspoon oregano dried

- 1.5 cups plum tomatoes chopped (Roma) (4 medium)
- 0.5 cup asiago cheese shredded with garlic (2 oz)
- 1 serving pepper freshly ground

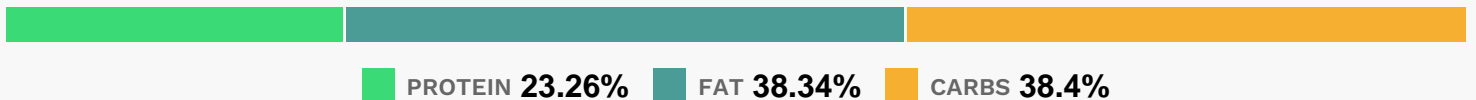
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In small bowl, beat eggs and milk with fork or wire whisk until well blended; set aside.
- Coat 10-inch nonstick skillet with oil; heat over medium heat. Cook potatoes and breakfast links in oil 6 to 8 minutes, stirring occasionally, until potatoes are golden brown.
- Pour egg mixture over potato mixture. Cook uncovered over medium-low heat about 5 minutes; as mixture begins to set on bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Cook until eggs are thickened throughout but still moist; avoid constant stirring.
- Sprinkle with salt, basil, oregano, tomatoes and cheese. Reduce heat to low; cover and cook about 5 minutes or until center is set and cheese is melted.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:48.56, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:11.623912956404%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 241.82kcal (12.09%), Fat: 10.43g (16.05%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 23.5g (7.83%), Net Carbohydrates: 20.92g (7.61%), Sugar: 3.42g (3.8%), Cholesterol: 23.36mg (7.79%), Sodium: 556.47mg (24.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Vitamin C: 20.91mg (25.34%), Phosphorus: 205.49mg (20.55%), Calcium: 193.39mg (19.34%), Potassium: 647.07mg (18.49%), Vitamin A: 884.34IU (17.69%), Vitamin B3: 3.3mg (16.51%), Vitamin B2: 0.25mg (14.7%), Vitamin B1: 0.2mg (13.63%), Manganese: 0.27mg (13.57%), Selenium: 9.44µg (13.48%), Vitamin B6: 0.25mg (12.32%), Fiber: 2.58g (10.32%), Iron: 1.68mg (9.32%), Copper: 0.18mg (9.11%), Magnesium: 35.18mg (8.8%), Vitamin K: 8.87µg (8.45%), Zinc: 1.23mg (8.21%), Vitamin B12: 0.44µg (7.26%), Vitamin B5: 0.72mg (7.22%), Folate: 20.34µg (5.08%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.49µg (3.27%)