



## Potato, Egg and Sausage Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 0.5 cup asiago cheese shredded with garlic (2 oz)
- 0.1 teaspoon basil dried
- 4 egg whites
- 0.3 cup skim milk fat-free (skim)
- 2 cups hash browns shredded frozen country-style (from 30-oz bag)
- 1 teaspoon olive oil
- 0.1 teaspoon oregano dried
- 4 servings pepper freshly ground

- 1.5 cups plum tomatoes chopped (Roma) (4 medium)
- 0.3 teaspoon salt
- 4 premier protein frozen cut into eighths (from 8-oz box)

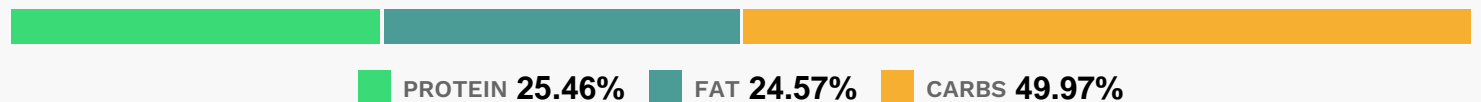
## Equipment

- 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:41.56, Glycemic Load:6.59, Inflammation Score:-7, Nutrition Score:10.587826106859%

## 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: 184.59kcal (9.23%), Fat: 5.16g (7.94%), Saturated Fat: 2.4g (15%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 20.97g (7.63%), Sugar: 3.42g (3.8%), Cholesterol: 8.96mg (2.99%), Sodium: 439.34mg (19.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Vitamin C: 20.77mg (25.17%), Calcium: 193.71mg (19.37%), Phosphorus: 186.37mg (18.64%), Vitamin A: 869.75IU (17.39%), Potassium: 599.28mg (17.12%), Manganese: 0.29mg (14.75%), Selenium: 9.45µg (13.5%), Vitamin B2: 0.23mg (13.34%), Vitamin B3: 2.38mg (11.89%), Fiber: 2.65g (10.62%), Vitamin B1: 0.15mg (10.09%), Vitamin B6: 0.19mg (9.32%), Copper: 0.19mg (9.3%), Iron: 1.61mg (8.93%), Vitamin K: 8.91µg (8.49%), Magnesium: 32.9mg (8.23%), Vitamin B5: 0.59mg (5.89%), Zinc: 0.84mg (5.59%), Folate: 21.91µg (5.48%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.23µg (1.54%)