



Potato Frittata

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 large eggs
- 6 servings parsley leaves fresh minced
- 4 tablespoons olive oil to taste
- 1 cup onion diced
- 3 large potatoes red peeled cut into 1/2-inch cubes
- 2 tablespoons locatelli-romano freshly grated
- 6 servings salt and pepper black freshly ground

Equipment

- bowl
- frying pan

Directions

- Pat dry the potatoes and onions.
- In a large, nonstick skillet set over moderate heat, heat 2 tablespoons of the oil until hot.
- Add the potatoes and salt and pepper and cook, stirring, for 1 minute.
- Add the onion and cook, stirring occasionally, until golden brown and just tender.
- Transfer to a plate.
- In a bowl, combine the eggs, Locatelli-Romano, and salt and pepper.
- Add the vegetable mixture and gently stir to combine.
- Add 1 to 2 tablespoons of oil to the skillet and heat it over moderate heat until hot.
- Add the vegetable and egg mixture and cook it over moderately low heat until golden brown and set on the underside. Invert a plate over the skillet and flip the frittata onto the plate.
- Add another tablespoon of oil to the skillet and slide the frittata back in, uncooked side down. Cook until completely set.
- Transfer to a plate and cut into wedges.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 14% **FAT 43.57%** **CARBS 42.43%**

Properties

Glycemic Index:19.67, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:17.423913105674%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 301.96kcal (15.1%), Fat: 14.86g (22.86%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 28.82g (10.48%), Sugar: 3.74g (4.16%), Cholesterol: 187.73mg (62.58%), Sodium: 127.72mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Vitamin K: 77.03µg (73.36%), Vitamin C: 23.16mg (28.07%), Potassium: 972.42mg (27.78%), Selenium: 16.66µg (23.79%), Phosphorus: 234.42mg (23.44%), Vitamin B6: 0.44mg (21.8%), Vitamin B2: 0.3mg (17.83%), Folate: 67.99µg (17%), Manganese: 0.33mg (16.4%), Copper: 0.3mg (15.07%), Fiber: 3.75g (14.99%), Iron: 2.6mg (14.45%), Vitamin B5: 1.34mg (13.39%), Magnesium: 52.11mg (13.03%), Vitamin E: 1.93mg (12.85%), Vitamin A: 627.87IU (12.56%), Vitamin B1: 0.19mg (12.39%), Vitamin B3: 2.24mg (11.22%), Zinc: 1.39mg (9.24%), Vitamin B12: 0.46µg (7.73%), Calcium: 76.37mg (7.64%), Vitamin D: 1.01µg (6.72%)