



Potato, Leek and Turkey Frittata

 Gluten Free

READY IN



48 min.

SERVINGS



18

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 large eggs
- ☐ 4 ounces pd of ground turkey
- ☐ 2 leek light white green halved lengthwise cut into 1/2-inch slices
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 18 servings salt and pepper
- ☐ 3 yukon gold potatoes peeled halved lengthwise cut into 1/2-inch slices

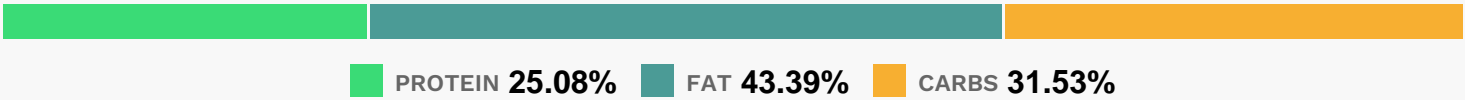
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400F.
- ☐ Place potatoes in a small saucepan, cover with cold water and add a pinch of salt. Bring to a boil over high heat. Reduce heat and simmer until just tender, about 10 minutes.
- ☐ Drain.
- ☐ Beat eggs and milk together; season with salt and pepper. Warm oil in a large, ovenproof nonstick skillet over medium heat. Cook leeks, stirring, until softened, about 5 minutes.
- ☐ Add turkey and saut until cooked through, about 3 minutes. Reduce heat to low, mix in potatoes and season with salt and pepper.
- ☐ Pour egg mixture into skillet, tilting pan so it runs around the edges. Cook undisturbed until bottom is firm, about 10 minutes, periodically lifting sides to let egg flow under.
- ☐ Place in oven and bake until center is firm, 8 to 10 minutes.
- ☐ Sprinkle cheese over top.
- ☐ Cut into wedges; serve.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:4.05, Inflammation Score:-3, Nutrition Score:5.1617391316787%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 83.61kcal (4.18%), Fat: 4.04g (6.22%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.77g (0.86%), Cholesterol: 86.71mg (28.9%), Sodium: 241.8mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Selenium: 8.56µg (12.22%), Vitamin B6: 0.2mg (10%), Phosphorus: 83.45mg (8.35%), Vitamin C: 6.77mg (8.2%), Vitamin B2: 0.12mg (7.31%), Vitamin K: 6.2µg (5.91%), Vitamin A: 294.03IU (5.88%), Folate: 21.85µg (5.46%), Potassium: 189.4mg (5.41%), Vitamin B5: 0.5mg (5.03%), Manganese: 0.1mg (4.91%), Iron: 0.88mg (4.89%), Vitamin B3: 0.97mg (4.85%), Vitamin B12: 0.25µg (4.09%), Vitamin E: 0.56mg (3.72%), Magnesium: 14.23mg (3.56%), Zinc: 0.51mg (3.43%), Vitamin D: 0.49µg (3.27%), Fiber: 0.8g (3.21%), Copper: 0.06mg (3.12%), Calcium: 30.63mg (3.06%), Vitamin B1: 0.04mg (2.84%)