



## Potato-Leek Frittata

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cup leek white rinsed halved lengthwise thinly sliced well ( and light-green parts only)
- 2 cups potatoes cubed cooked peeled
- 1 serving coarse mustard
- 8 large eggs lightly beaten
- 0.5 cup part-skim ricotta

### Equipment

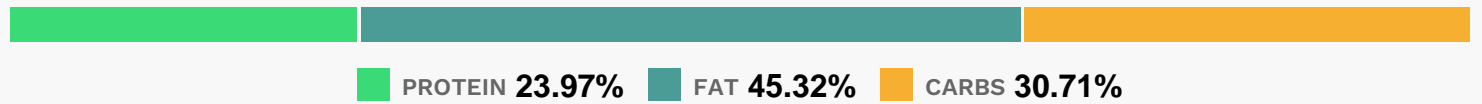
- frying pan

oven

## Directions

- Preheat oven to 425 degrees. In a 10-inch ovenproof nonstick skillet, heat oil over medium-high.
- Add leek and potato, season with salt and pepper, and cook until leek is translucent, about 5 minutes.
- Add eggs and ricotta, season with salt and pepper, and stir to combine. Cook, undisturbed, until edges are set, about 2 minutes.
- Transfer skillet to oven and bake until top of frittata is just set, 10 to 13 minutes. Invert or slide frittata onto a plate and cut into 6 wedges.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:24.63, Glycemic Load:9.54, Inflammation Score:-5, Nutrition Score:12.246956493544%

## Flavonoids

Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 207.94kcal (10.4%), Fat: 10.44g (16.07%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.08g (5.12%), Sugar: 1.45g (1.61%), Cholesterol: 254.41mg (84.8%), Sodium: 136.88mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.85%), Selenium: 24.56µg (35.09%), Vitamin B2: 0.37mg (21.78%), Phosphorus: 215.81mg (21.58%), Vitamin C: 15.57mg (18.88%), Vitamin B6: 0.36mg (17.96%), Vitamin A: 688.62IU (13.77%), Folate: 54.77µg (13.69%), Vitamin B5: 1.3mg (13.02%), Potassium: 440.51mg (12.59%), Iron: 2.14mg (11.9%), Calcium: 111.25mg (11.12%), Vitamin B12: 0.65µg (10.89%), Manganese: 0.2mg (10.13%), Vitamin K: 10.06µg (9.58%), Zinc: 1.36mg (9.09%), Vitamin D: 1.35µg (9.03%), Vitamin E: 1.2mg (7.98%), Magnesium: 31.75mg (7.94%), Copper: 0.15mg (7.45%), Fiber: 1.84g (7.37%), Vitamin B1: 0.1mg (6.5%), Vitamin B3: 0.87mg (4.34%)