



Potato, Pancetta, Spinach and Thyme Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 egg whites
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion minced
- ☐ 1 ounce pancetta chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces aged swiss cheese grated

- ☐ 4 large eggs whole
- ☐ 1 cup yukon gold potatoes finely chopped

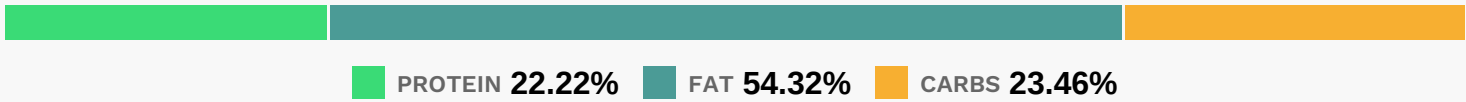
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven to broil.
- ☐ Heat olive oil in an oven proof skillet over medium-high heat; add pancetta. Cook 2 minutes; add onion and cook 2 minutes. Stir in potato, and cook 10 minutes or until tender. Stir in spinach leaves; cook 1 minute until wilted. Season with salt and pepper.
- ☐ Meanwhile, whisk together eggs, egg whites, salt, and pepper.
- ☐ Pour over the spinach mixture and cook, just until the eggs begin to set.
- ☐ Sprinkle cheese evenly over the top, then place pan under the broiler for 3 minutes, until fritatta rises slightly, becomes light and settled, and cheese bubbles.
- ☐ Remove from the oven, and sprinkle the top with thyme leaves.
- ☐ Transfer to a serving plate, cut into 6 pie-shaped wedges and serve.

Nutrition Facts



Properties

Glycemic Index:35.79, Glycemic Load:5.67, Inflammation Score:-7, Nutrition Score:8.0547826497451%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 172.25kcal (8.61%), Fat: 10.4g (16%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 8.67g (3.15%), Sugar: 1.63g (1.81%), Cholesterol: 135.91mg (45.3%), Sodium: 213.15mg (9.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.15%), Selenium: 16.28µg (23.26%), Phosphorus: 159.59mg (15.96%), Vitamin B2: 0.25mg (14.81%), Vitamin C: 10.81mg (13.1%), Calcium: 117.72mg (11.77%), Vitamin B6: 0.23mg (11.36%), Vitamin B12: 0.61µg (10.24%), Potassium: 288.51mg (8.24%), Vitamin B5: 0.75mg (7.5%), Zinc: 1.07mg (7.16%), Folate: 28.61µg (7.15%), Manganese: 0.13mg (6.42%), Iron: 1.12mg (6.25%), Vitamin A: 293.63IU (5.87%), Fiber: 1.44g (5.74%), Magnesium: 21.73mg (5.43%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.07mg (4.8%), Vitamin D: 0.69µg (4.57%), Copper: 0.09mg (4.53%), Vitamin B3: 0.69mg (3.45%), Vitamin K: 2.63µg (2.5%)