



Potato & Pepper Frittata

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



38 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 slices oscar mayer bacon chopped
- 6 eggs beaten
- 0.3 cup onions chopped
- 1 cup cheddar pepper jack cheese shredded mexican style kraft finely
- 0.5 cup pepper rings green
- 1 cup potatoes shredded

Equipment

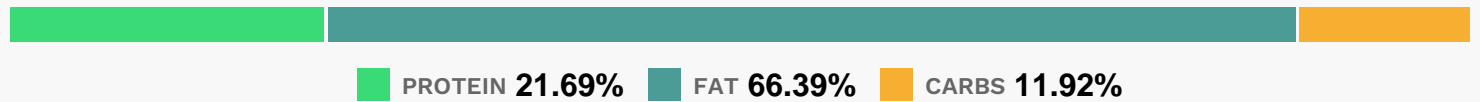
- frying pan

oven

Directions

- Heat oven to 350F.
- Cook bacon in medium nonstick ovenproof skillet 4 min.; drain.
- Add potatoes and onions; cook 7 min. or until crisp-tender, stirring frequently.
- Stir in eggs.
- Remove from heat. Top with cheese and peppers; cover.
- Bake 20 to 25 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.3956521749496%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 38.18kcal (1.91%), Fat: 2.8g (4.31%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1g (0.36%), Sugar: 0.12g (0.14%), Cholesterol: 29.24mg (9.75%), Sodium: 50.36mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Selenium: 3.12µg (4.46%), Phosphorus: 33.65mg (3.36%), Vitamin B2: 0.05mg (2.69%), Calcium: 25.8mg (2.58%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.1µg (1.64%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.42%), Vitamin C: 1.11mg (1.34%), Potassium: 41.49mg (1.19%), Vitamin A: 58.71IU (1.17%), Folate: 4.64µg (1.16%), Vitamin B1: 0.02mg (1.12%), Vitamin D: 0.16µg (1.08%), Iron: 0.19mg (1.07%)