



Potato-Scallion Frittata with Manchego Cheese

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 18 large eggs (large)
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 tablespoon kosher salt
- ☐ 2 cups manchego cheese shredded
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups potatoes cooked thinly sliced
- ☐ 1 bunch spring onion thinly sliced
- ☐ 1 teaspoon paprika smoked sweet

☐ 1 onion white finely chopped

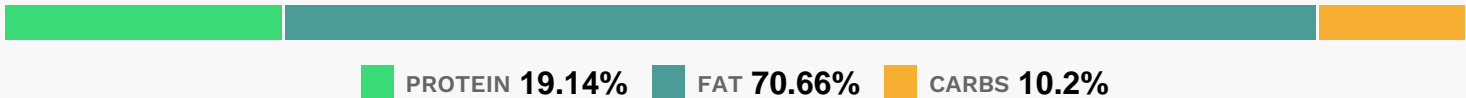
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat the oven to 37
- ☐ In a 12-inch, nonstick ovenproof skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the onion and cook over moderate heat until softened, about 5 minutes.
- ☐ Add the scallions and potatoes and cook until heated through, about 2 minutes.
- ☐ Add the remaining 1/4 cup of olive oil and swirl to coat the pan with oil.
- ☐ In a bowl, whisk the eggs with the cream, salt and paprika.
- ☐ Pour the eggs into the skillet, add half of the cheese and cook over moderate heat, stirring, until the side of the frittata begins to set, about 2 minutes. Using a spatula, lift the side of the frittata away from the pan to allow the uncooked egg to seep underneath. Cook over moderate heat until the side is browned, about 6 minutes.
- ☐ Sprinkle the top with the remaining cheese and bake the frittata for about 14 minutes, until set. Turn on the broiler and broil the frittata for 1 to 2 minutes, until the top is lightly browned. Slide the frittata onto a large plate and let stand for 5 minutes.
- ☐ Cut into wedges and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:1.41, Inflammation Score:-2, Nutrition Score:3.4134782474974%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 98.1kcal (4.9%), Fat: 7.68g (11.81%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.47g (0.53%), Cholesterol: 96.47mg (32.16%), Sodium: 243.16mg (10.57%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.68g (9.35%), Selenium: 7.14µg (10.2%), Calcium: 79.54mg (7.95%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 55.16mg (5.52%), Vitamin A: 270.91IU (5.42%), Vitamin B5: 0.4mg (3.96%), Vitamin B6: 0.08mg (3.8%), Vitamin D: 0.55µg (3.63%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.5mg (3.37%), Folate: 13.42µg (3.36%), Vitamin C: 2.42mg (2.93%), Iron: 0.52mg (2.87%), Potassium: 87.77mg (2.51%), Vitamin K: 2.56µg (2.44%), Zinc: 0.34mg (2.3%), Magnesium: 6.02mg (1.51%), Copper: 0.03mg (1.51%), Manganese: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.36%), Fiber: 0.31g (1.24%)