



Sausage-and-Cheese Frittata

 Gluten Free

READY IN



48 min.

SERVINGS



6

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon butter
- 8 large eggs
- 12 oz sausage meat reduced-fat
- 4 oz cheddar cheese shredded 2% reduced-fat
- 0.3 cup milk
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 35
- Brown sausage in a 10-inch ovenproof nonstick skillet over medium-high heat 10 minutes or until meat crumbles and is no longer pink; drain and transfer to a bowl. Wipe skillet clean.
- Whisk together eggs and next 3 ingredients until well blended.
- Melt butter in skillet over medium heat; remove from heat, and pour half of egg mixture into skillet.
- Sprinkle with cooked sausage and cheese. Top with remaining egg mixture.
- Bake at 350 for 23 to 25 minutes or until set.

Nutrition Facts

PROTEIN 27.57% **FAT 70.46%** **CARBS 1.97%**

Properties

Glycemic Index:24.67, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:11.749130545103%

Nutrients (% of daily need)

Calories: 325.68kcal (16.28%), Fat: 25.04g (38.52%), Saturated Fat: 9.35g (58.43%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1g (1.11%), Cholesterol: 299.44mg (99.81%), Sodium: 688.02mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.08%), Selenium: 23.5µg (33.57%), Phosphorus: 314.53mg (31.45%), Vitamin B2: 0.44mg (25.61%), Vitamin B12: 1.25µg (20.75%), Zinc: 2.49mg (16.63%), Vitamin B6: 0.3mg (15.21%), Vitamin D: 2.24µg (14.92%), Vitamin B5: 1.49mg (14.92%), Calcium: 138.9mg (13.89%), Vitamin B3: 2.74mg (13.72%), Vitamin B1: 0.19mg (12.85%), Iron: 1.89mg (10.52%), Vitamin A: 522.83IU (10.46%), Folate: 34.08µg (8.52%), Potassium: 268.22mg (7.66%), Vitamin E: 0.88mg (5.88%), Magnesium: 20.92mg (5.23%), Copper: 0.09mg (4.59%), Manganese: 0.04mg (2.23%)