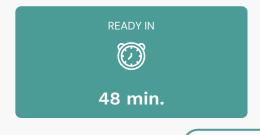
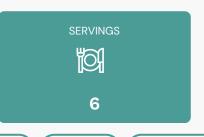


# Sausage-and-Cheese Frittata

**Gluten Free** 







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: Og (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%)