



## Sausage and Potato Frittata

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 eggs
- ☐ 0.8 cup fontina divided grated
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 cup leeks light white green thinly sliced ( and parts)
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated

- ☐ 1 cup potatoes diced cooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sausage diced cooked (see Notes)

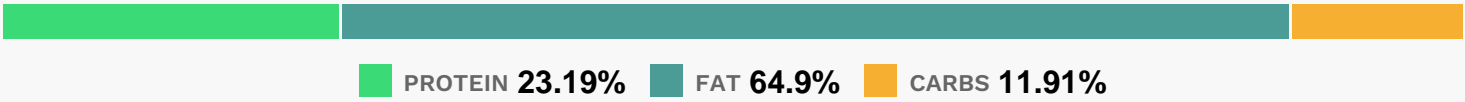
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

## Directions

- ☐ Preheat oven to 45
- ☐ In a 10-in. ovenproof nonstick frying pan or well-seasoned cast-iron skillet, heat olive oil over medium heat, add sausage and saute until lightly browned, 7 to 10 minutes.
- ☐ Transfer sausage with a slotted spoon to paper towels; reserving oil in pan.
- ☐ Whisk together eggs, milk, chives, salt, and pepper. Stir in sausage and potato. Set aside.
- ☐ Bring skillet to medium-high heat.
- ☐ Add leeks and saut in reserved oil until softened, 1 to 2 minutes. Reduce heat to medium.
- ☐ Add egg mixture and stir to combine. Cook 1 minute, then gently stir in 1/2 cup fontina and the parmesan. Cook without stirring until edges of frittata are set and the center is still a bit soft, about 2 minutes (edges should appear firm when pan is gently shaken; the top layer should appear wet).
- ☐ Sprinkle remaining 1/4 cup fontina over top and transfer skillet to preheated oven.
- ☐ Bake until eggs are fully set and the top is light golden brown, 5 to 7 minutes. If top has not browned, broil frittata about 5 in. from heating element, keeping oven door ajar, until lightly golden, about 1 minute.
- ☐ Slice frittata into wedges.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:35.72, Glycemic Load:4.14, Inflammation Score:-4, Nutrition Score:10.640000146368%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 266.16kcal (13.31%), Fat: 19.06g (29.32%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.05g (2.56%), Sugar: 1.74g (1.93%), Cholesterol: 203.88mg (67.96%), Sodium: 486.59mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.64%), Selenium: 16.89µg (24.12%), Phosphorus: 224.35mg (22.43%), Vitamin B2: 0.31mg (18.04%), Vitamin B12: 0.98µg (16.26%), Calcium: 152.42mg (15.24%), Vitamin B6: 0.29mg (14.58%), Zinc: 1.93mg (12.89%), Vitamin A: 627.49IU (12.55%), Vitamin B5: 1.09mg (10.89%), Vitamin D: 1.52µg (10.15%), Vitamin B1: 0.14mg (9.27%), Iron: 1.61mg (8.93%), Vitamin B3: 1.79mg (8.93%), Potassium: 303.95mg (8.68%), Folate: 33.64µg (8.41%), Vitamin C: 6.93mg (8.4%), Vitamin K: 8.46µg (8.05%), Manganese: 0.13mg (6.5%), Vitamin E: 0.93mg (6.23%), Magnesium: 23.6mg (5.9%), Copper: 0.1mg (4.99%), Fiber: 0.82g (3.28%)