

## Sausage Frittata

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**195 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 8 eggs
- 2 green onions thinly sliced
- 0.3 teaspoon ground pepper black
- 0.3 cup parmesan cheese grated
- 9.6 ounce original pork sausage crumbles hearty jimmy dean®
- 2 cups potatoes red cubed cooked
- 0.3 teaspoon salt
- 0.5 cup tomatoes seeded chopped

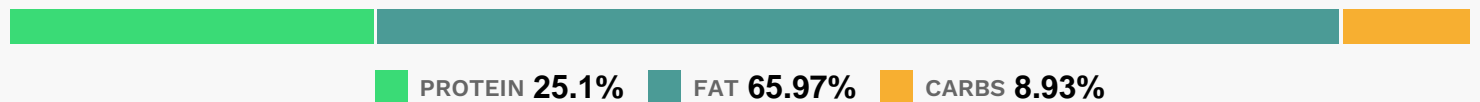
## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- Cook sausage in large nonstick skillet over medium heat 4–5 minutes or until hot. Stir in potatoes.
- Beat eggs, cheese, salt and pepper in large bowl with wire whisk.
- Pour over sausage mixture.
- Cook over medium–high heat 2 minutes, occasionally lifting edge with spatula and tilting skillet to allow uncooked egg to flow underneath. (Do not stir.)
- Reduce heat to medium–low; cover. Cook 14–17 minutes or until eggs are set.
- Top with tomato and onions.
- Cut into 8 wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:8.2765217449354%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 195.41kcal (9.77%), Fat: 14.14g (21.75%), Saturated Fat: 4.86g (30.41%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.78g (1.38%), Sugar: 0.72g (0.8%), Cholesterol: 190.89mg (63.63%), Sodium: 410.54mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Selenium: 14.72µg (21.02%), Phosphorus: 167.74mg

(16.77%), Vitamin B2: 0.26mg (15.5%), Vitamin B12: 0.72µg (12.05%), Vitamin B6: 0.22mg (11.14%), Zinc: 1.53mg (10.21%), Vitamin B5: 0.98mg (9.77%), Vitamin B3: 1.92mg (9.61%), Vitamin D: 1.34µg (8.92%), Vitamin B1: 0.13mg (8.82%), Vitamin A: 399.28IU (7.99%), Potassium: 267.35mg (7.64%), Iron: 1.37mg (7.64%), Vitamin K: 7.91µg (7.54%), Folate: 27.91µg (6.98%), Calcium: 60.61mg (6.06%), Vitamin C: 3.69mg (4.47%), Copper: 0.09mg (4.47%), Magnesium: 16.99mg (4.25%), Vitamin E: 0.61mg (4.08%), Manganese: 0.07mg (3.33%), Fiber: 0.52g (2.1%)