



# Smoked Ham, Gruyere and Caramelized Onion Frittata

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



462 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 cup canadian bacon smoked diced
- 1 bunch chives chopped
- 8 extra large eggs
- 1 cup gruyère cheese grated
- 2 tablespoons heavy cream
- 6 servings kosher salt and pepper black freshly ground
- 1 small onion diced

- 1 cup parmigiano-reggiano grated for finishing top
- 4 small potatoes diced red
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon butter unsalted

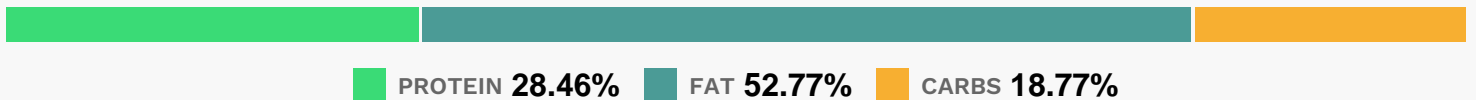
## Equipment

- bowl
- frying pan
- oven
- whisk
- spatula

## Directions

- Preheat oven to 400 degrees F.
- In a large bowl, whisk together eggs, cream, Gruyere cheese, salt, and pepper until foamy. Melt butter in a cast iron pan over medium heat.
- Add the onion and potatoes and cook thoroughly.
- Pour the egg mixture over the top. Pull the edges away from the sides of the pan with a spatula so the eggs flow to the bottom of the pan. When the frittata is half set, add the ham.
- Transfer the pan to the heated oven.
- Bake for 10 minutes until puffed and golden. Shower with grated Parmesan and serve garnished with sour cream and chives.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:22.153478187063%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

## **Nutrients (% of daily need)**

Calories: 462.03kcal (23.1%), Fat: 27g (41.53%), Saturated Fat: 13.47g (84.18%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 19.44g (7.07%), Sugar: 2.93g (3.26%), Cholesterol: 349.33mg (116.44%), Sodium: 912.05mg (39.65%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.76g (65.52%), Selenium: 40.88µg (58.41%), Phosphorus: 576.23mg (57.62%), Calcium: 493.11mg (49.31%), Vitamin B2: 0.59mg (34.78%), Vitamin B1: 0.45mg (29.77%), Vitamin B6: 0.53mg (26.37%), Vitamin B12: 1.51µg (25.21%), Potassium: 825.13mg (23.58%), Zinc: 3.27mg (21.81%), Vitamin B3: 3.92mg (19.58%), Vitamin D: 2.93µg (19.52%), Vitamin A: 971.17IU (19.42%), Vitamin B5: 1.93mg (19.3%), Folate: 64.22µg (16.05%), Magnesium: 58.82mg (14.71%), Iron: 2.63mg (14.63%), Vitamin C: 11.11mg (13.47%), Copper: 0.25mg (12.27%), Manganese: 0.23mg (11.42%), Fiber: 2.17g (8.67%), Vitamin E: 1.12mg (7.45%), Vitamin K: 6.49µg (6.18%)