



Smoked-Salmon and Cream Cheese Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 oz cream cheese cold cut into 1/2-inch pieces
- ☐ 8 large eggs
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 3 oz salmon smoked thinly sliced chopped
- ☐ 2 teaspoons vegetable oil

- ☐ 0.5 cup milk whole
- ☐ 4 servings frangelico sweet red thinly sliced
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Whisk together eggs, milk, chives, basil, pepper, and salt in a bowl.
- ☐ Preheat broiler.
- ☐ Heat oil in a 12-inch ovenproof nonstick skillet (if handle is plastic, wrap it in a double layer of foil) over moderate heat until hot but not smoking.
- ☐ Pour egg mixture into skillet and scatter cream cheese pieces on top, then cook, lifting up cooked egg around edges using a spatula to let raw egg flow underneath, until frittata is set on bottom and egg is almost set but still moist on top, 3 to 5 minutes.
- ☐ Remove from heat.
- ☐ Sprinkle salmon all over frittata, then press on salmon lightly and shake skillet to allow salmon to settle into top.
- ☐ Broil frittata about 6 inches from heat until set, slightly puffed, and golden in patches, 1 to 1 1/2 minutes.
- ☐ Cool 5 minutes, then loosen edge with spatula and slide onto a large plate.
- ☐ Cut into wedges and serve warm or at room temperature.

Nutrition Facts



 PROTEIN **29.14%**  FAT **65.76%**  CARBS **5.1%**

Properties

Glycemic Index:53, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:15.22956522133%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 257.4kcal (12.87%), Fat: 18.57g (28.56%), Saturated Fat: 7.11g (44.43%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 3.09g (1.12%), Sugar: 2.42g (2.69%), Cholesterol: 394.87mg (131.62%), Sodium: 437.65mg (19.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.03%), Selenium: 39.43µg (56.32%), Vitamin D: 5.97µg (39.81%), Vitamin B2: 0.56mg (32.8%), Vitamin B12: 1.78µg (29.65%), Phosphorus: 281.53mg (28.15%), Vitamin A: 987.59IU (19.75%), Vitamin B5: 1.93mg (19.27%), Vitamin K: 16.81µg (16.01%), Vitamin B6: 0.26mg (13.11%), Folate: 52.39µg (13.1%), Calcium: 115.71mg (11.57%), Iron: 2.06mg (11.44%), Vitamin E: 1.68mg (11.19%), Zinc: 1.58mg (10.54%), Potassium: 254.83mg (7.28%), Copper: 0.14mg (6.84%), Magnesium: 23.2mg (5.8%), Vitamin B3: 1.16mg (5.78%), Manganese: 0.09mg (4.65%), Vitamin B1: 0.07mg (4.53%), Vitamin C: 1.72mg (2.09%)