



## Smoked Salmon and Onion Frittata

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2 cups egg substitute
- 1 tablespoon thyme leaves fresh minced
- 0.3 cup green onions thinly sliced
- 1 tablespoon olive oil divided
- 1 cup onion vertically sliced
- 2 cups preshredded potatoes (such as Simply Potatoes)
- 0.1 teaspoon salt

3 ounces salmon smoked chopped

## Equipment

frying pan

oven

broiler

## Directions

Heat 1 1/2 teaspoons olive oil in an 8-inch cast-iron skillet over medium heat.

Add onion; saut 5 minutes or until tender.

Remove from heat. Stir in green onions, thyme, and 1/4 teaspoon pepper.

Remove onion mixture from the skillet; set aside.

Preheat broiler.

Coat skillet with cooking spray.

Combine the potatoes, remaining 1 1/2 teaspoons oil, and remaining 1/4 teaspoon pepper. Press potato mixture into the bottom of skillet. Broil 15 minutes or until potatoes are crisp and golden.

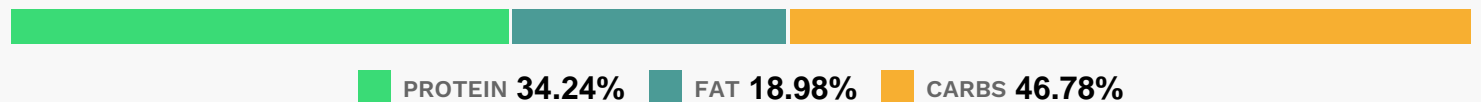
Reduce the oven temperature to 37

Spread the onion mixture over the potato mixture; sprinkle with salmon, cheese, and salt.

Pour egg substitute over the top.

Bake at 375 for 38 minutes or until it is puffy and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:9.64, Inflammation Score:-8, Nutrition Score:14.062173884848%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg,

Isorhamnetin: 1.34mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.35mg, Quercetin: 6.35mg,  
Quercetin: 6.35mg, Quercetin: 6.35mg

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

Calories: 143.11kcal (7.16%), Fat: 3.07g (4.72%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 17.02g (5.67%), Net  
Carbohydrates: 14.71g (5.35%), Sugar: 3.37g (3.75%), Cholesterol: 3.26mg (1.09%), Sodium: 324.9mg (14.13%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.91%), Selenium: 38.01µg (54.3%), Vitamin D: 3.7µg  
(24.69%), Vitamin C: 18.81mg (22.81%), Vitamin B2: 0.36mg (21.28%), Vitamin B6: 0.39mg (19.57%), Vitamin B5:  
1.7mg (17.02%), Potassium: 549.69mg (15.71%), Iron: 2.6mg (14.45%), Phosphorus: 131.52mg (13.15%), Vitamin E:  
1.84mg (12.24%), Vitamin B12: 0.73µg (12.23%), Vitamin B1: 0.17mg (11.37%), Vitamin K: 11.91µg (11.35%), Manganese:  
0.2mg (9.84%), Fiber: 2.31g (9.23%), Magnesium: 36.3mg (9.08%), Calcium: 83.01mg (8.3%), Folate: 32.57µg  
(8.14%), Vitamin B3: 1.59mg (7.97%), Zinc: 1.12mg (7.44%), Copper: 0.15mg (7.42%), Vitamin A: 292.15IU (5.84%)