



Smoked Salmon Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 ounces cream cheese cut into small pieces
- ☐ 2 tablespoons dijon mustard
- ☐ 8 large eggs
- ☐ 0.3 cup chives fresh divided chopped
- ☐ 0.3 cup onion red chopped
- ☐ 6 ounces salmon smoked cut into strips
- ☐ 0.3 cup cup heavy whipping cream sour

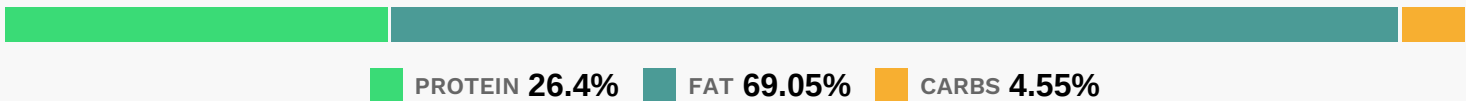
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk together 2 tablespoons chives, eggs, sour cream, and mustard in a large bowl.
- ☐ Melt butter in a large oven-proof skillet over medium heat. Reduce heat to low; add egg mixture. As egg mixture starts to cook, gently lift edges with a spatula and tilt pan so uncooked portion flows underneath. Cook 6 to 8 minutes or until uncooked egg mixture no longer flows underneath cooked mixture.
- ☐ Remove from heat.
- ☐ Sprinkle with salmon, cream cheese, and onion.
- ☐ Broil frittata, 3 inches from heat, 3 minutes or until set and cream cheese begins to melt.
- ☐ Remove from oven, and sprinkle with remaining chives.
- ☐ Cut into wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:18.093478316846%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 339.83kcal (16.99%), Fat: 25.9g (39.85%), Saturated Fat: 11.95g (74.68%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.14g (2.38%), Cholesterol: 422.46mg (140.82%), Sodium: 653.83mg (28.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.57%), Selenium: 49.1µg (70.14%), Vitamin D: 9.27µg (61.81%), Vitamin B12: 2.36µg (39.33%), Vitamin B2: 0.58mg (33.98%), Phosphorus: 311.6mg (31.16%), Vitamin A: 1176.05IU (23.52%), Vitamin B5: 2.1mg (20.99%), Vitamin B6: 0.32mg (16.24%), Folate: 55.54µg (13.88%), Vitamin E: 2.01mg (13.43%), Iron: 2.32mg (12.9%), Zinc: 1.64mg (10.94%), Vitamin B3: 2.19mg (10.93%), Calcium: 104.79mg (10.48%), Copper: 0.19mg (9.46%), Potassium: 290.02mg (8.29%), Magnesium: 28.64mg (7.16%), Vitamin K: 6.9µg (6.57%), Vitamin B1: 0.08mg (5.2%), Manganese: 0.09mg (4.62%), Vitamin C: 2.39mg (2.9%), Fiber: 0.56g (2.22%)