



Smoked Salmon, Leek, and Dill Frittata

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 ounce cream cheese cut into pea-size pieces
- ☐ 4 large eggs
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 medium leek white green thinly sliced (and pale parts only)
- ☐ 2 ounces salmon smoked thinly sliced cut into thin strips

Equipment

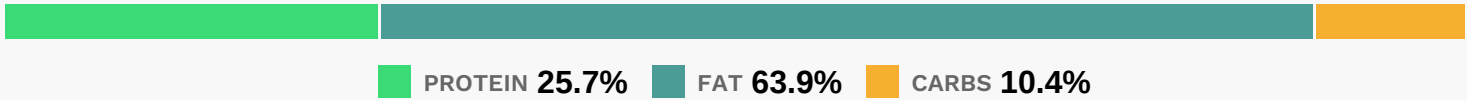
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler. Melt butter in medium nonstick ovenproof skillet over medium heat.
- ☐ Add leek; cover and cook until tender, about 4 minutes.
- ☐ Whisk eggs and dill in medium bowl to blend; stir in cream cheese.
- ☐ Pour eggs over leek; sprinkle with salt and pepper. Reduce heat to medium-low. Cover and cook until edges are set but center is still runny, about 4 minutes. Scatter salmon over frittata. Broil until frittata is puffed and golden, about 1 minute.
- ☐ Cut frittata into 4 wedges.
- ☐ Place 2 wedges on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:18.211739239485%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 303.2kcal (15.16%), Fat: 21.42g (32.96%), Saturated Fat: 9.87g (61.7%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.03g (2.56%), Sugar: 2.64g (2.94%), Cholesterol: 407.89mg (135.96%), Sodium: 462.8mg (20.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.78%), Selenium: 41.62µg (59.46%), Vitamin D: 6.85µg (45.65%), Vitamin A: 1687.21IU (33.74%), Vitamin B2: 0.53mg (31.44%), Vitamin B12: 1.86µg (30.95%), Phosphorus: 277.05mg (27.7%), Vitamin K: 22.03µg (20.98%), Folate: 77.83µg (19.46%), Vitamin B5: 1.93mg (19.31%), Vitamin B6: 0.36mg (18.05%), Iron: 2.96mg (16.42%), Vitamin E: 2.13mg (14.18%), Manganese: 0.25mg (12.55%), Calcium: 101.22mg (10.12%), Zinc: 1.51mg (10.07%), Copper: 0.19mg (9.67%), Potassium: 289.58mg (8.27%), Vitamin B3: 1.61mg (8.05%), Magnesium: 31.09mg (7.77%), Vitamin C: 5.51mg (6.68%), Vitamin B1: 0.08mg (5.13%), Fiber: 0.81g (3.22%)