



## Smoked Sausage and Corn Frittata

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 large eggs
- 4 large egg whites
- 3 tablespoons cilantro leaves fresh divided chopped
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 4 ounces turkey sausage smoked diced quartered
- 1.5 cups corn syrup white frozen thawed

### Equipment

- bowl

frying pan

whisk

## Directions

Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add sausage; saut 4 minutes or until browned. Stir in corn and, if desired, red pepper; reduce heat to medium-low.

Combine egg and egg whites in a small bowl; stir with a whisk.

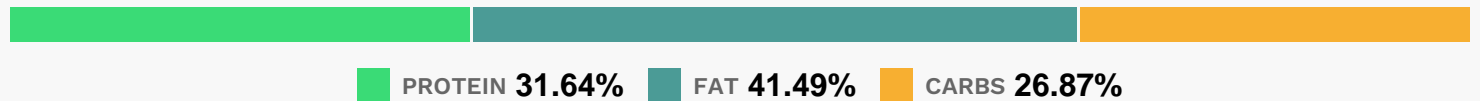
Drizzle evenly over sausage mixture. Cover and cook 8 minutes or until almost set.

Remove pan from heat; sprinkle evenly with cheese and 1 1/2 tablespoons cilantro. Cover and let stand 2 minutes.

Sprinkle with 1 1/2 tablespoons cilantro.

Cut into 4 wedges.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:8.5930434620899%

## Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 192.9kcal (9.64%), Fat: 9.17g (14.11%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 11.79g (4.29%), Sugar: 4.79g (5.33%), Cholesterol: 81.94mg (27.31%), Sodium: 335.22mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.47%), Selenium: 14.91µg (21.31%), Vitamin B2: 0.36mg (21.29%), Phosphorus: 198.07mg (19.81%), Zinc: 1.87mg (12.48%), Calcium: 116.27mg (11.63%), Vitamin B3: 2.32mg (11.6%), Vitamin B6: 0.23mg (11.43%), Vitamin B12: 0.66µg (11%), Vitamin B5: 1.04mg (10.36%), Potassium: 303.32mg (8.67%), Magnesium: 32.32mg (8.08%), Manganese: 0.14mg (6.97%), Fiber: 1.57g (6.27%), Folate: 23.33µg (5.83%), Vitamin B1: 0.08mg (5.63%), Vitamin C: 4.31mg (5.23%), Iron: 0.92mg (5.12%), Vitamin A: 252.19IU (5.04%), Copper: 0.08mg (3.96%), Vitamin D: 0.34µg (2.23%), Vitamin E: 0.33mg (2.23%), Vitamin K: 1.54µg (1.47%)