



## So-Easy Skillet Frittata

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 1 cup four cheese shredded mexican style divided kraft finely
- 0.5 cup philadelphia cream cheese spread ()
- 6 eggs
- 3 Tbsp cilantro leaves fresh chopped
- 0.5 cup pasilla peppers green red chopped

### Equipment

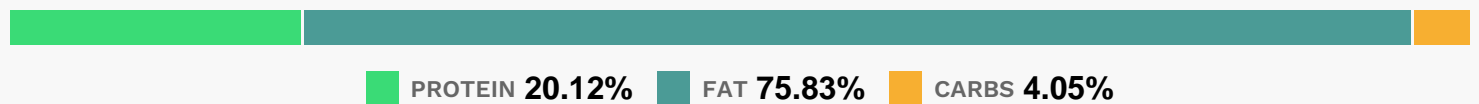
- frying pan

- oven
- whisk
- spatula

## Directions

- Heat oven to 400F.
- Beat eggs and cream cheese spread with whisk until blended; set aside. Cook and stir peppers in 10-inch ovenproof skillet sprayed with cooking spray 2 min. or until crisp-tender.
- Add bacon, 3/4 cup shredded cheese and cilantro to cream cheese mixture; stir until blended.
- Add to ingredients in skillet; stir. Cover; cook on low heat 6 to 8 min. or until egg mixture is almost set in center.
- Remove lid.
- Place skillet in oven.
- Bake 5 min. or until center of frittata is set.
- Remove from oven. Top with remaining shredded cheese; cover with lid.
- Let stand 2 min. Loosen frittata from side of skillet with spatula; slide onto plate.
- Cut into wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:8.9256520996923%

## Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 280.94kcal (14.05%), Fat: 23.44g (36.06%), Saturated Fat: 10.56g (66%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.6g (0.94%), Sugar: 1.11g (1.23%), Cholesterol: 208.76mg (69.59%), Sodium: 419.53mg

(18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Selenium: 23.26µg (33.23%), Phosphorus: 207.64mg (20.76%), Calcium: 182.97mg (18.3%), Vitamin B2: 0.31mg (17.99%), Vitamin A: 673.6IU (13.47%), Vitamin C: 10.04mg (12.17%), Vitamin B12: 0.7µg (11.69%), Zinc: 1.54mg (10.24%), Vitamin B5: 0.89mg (8.88%), Vitamin B6: 0.17mg (8.72%), Vitamin D: 1.08µg (7.21%), Folate: 26µg (6.5%), Vitamin B1: 0.09mg (6.07%), Iron: 0.94mg (5.2%), Vitamin E: 0.75mg (4.99%), Vitamin B3: 0.99mg (4.95%), Potassium: 141.55mg (4.04%), Magnesium: 14.3mg (3.57%), Copper: 0.06mg (2.79%), Vitamin K: 2.12µg (2.02%), Manganese: 0.03mg (1.63%)