



Sunday Brunch: Red Rice Frittata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1023 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 15 ounce canned tomatoes chopped canned
- ☐ 2 cups chicken broth
- ☐ 6 large eggs
- ☐ 3 cloves garlic crushed
- ☐ 2 servings pepper freshly ground
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 servings salt

- ☐ 3 ounces bacon thick-cut cut into small dice
- ☐ 1.5 cups rice long-grain white
- ☐ 1 large onion yellow chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat the oven to 425°. In a medium saucepan over medium heat, fry the bacon until firm and barely crisp, about 4 minutes.
- ☐ Add the onion and garlic and cook until softened, about 5 minutes.
- ☐ Add the rice and cook, stirring frequently, for a minute or two, until fragrant and slightly translucent.
- ☐ Add the broth or water, tomatoes, pepper flakes, pimentón, 1 teaspoon salt, and 1/2 teaspoon pepper and stir to combine. Bring to a simmer, then cover and turn the flame as low as possible. Cook for about 20 minutes, until the rice is tender but still soupy. If not soupy, add more broth or water a tablespoon at a time.
- ☐ Pour the cooked rice into an 8 x 8 baking dish and bake on the middle rack of the oven for 15–25 minutes, or until all the liquid had been absorbed. At this point, you can proceed to the next step or cool and refrigerate the rice.
- ☐ Preheat your broiler. Melt a tablespoon of butter in a 10-inch ovenproof skillet and stir in about a third of your rice. Beat the eggs with salt and pepper. When the rice is heated through, add the eggs to the skillet and quickly stir to combine the rice and eggs evenly. Turn the heat to medium low and cook, rotating the skillet every once in a while, until the frittata has firmed up around the edges, about 10 minutes.

Nutrition Facts



 PROTEIN **15.92%**  FAT **29.62%**  CARBS **54.46%**

Properties

Glycemic Index:101.59, Glycemic Load:73.13, Inflammation Score:-9, Nutrition Score:41.096956584765%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg

Nutrients (% of daily need)

Calories: 1023kcal (51.15%), Fat: 33.52g (51.57%), Saturated Fat: 10.8g (67.48%), Carbohydrates: 138.68g (46.23%), Net Carbohydrates: 130.75g (47.55%), Sugar: 14.49g (16.1%), Cholesterol: 590.77mg (196.92%), Sodium: 1868.61mg (81.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.1%), Manganese: 2.27mg (113.58%), Selenium: 79.05µg (112.93%), Vitamin B2: 1.08mg (63.78%), Phosphorus: 630.17mg (63.02%), Vitamin B6: 1.1mg (55.15%), Vitamin B5: 4.71mg (47.09%), Copper: 0.92mg (45.84%), Vitamin A: 2079.06IU (41.58%), Iron: 7.47mg (41.49%), Vitamin B3: 7.49mg (37.46%), Potassium: 1287.26mg (36.78%), Vitamin E: 5.35mg (35.7%), Vitamin B1: 0.53mg (35.51%), Zinc: 4.96mg (33.04%), Vitamin C: 26.53mg (32.16%), Fiber: 7.94g (31.74%), Folate: 124.41µg (31.1%), Magnesium: 114.74mg (28.68%), Vitamin B12: 1.59µg (26.58%), Calcium: 238.22mg (23.82%), Vitamin D: 3.17µg (21.13%), Vitamin K: 14.26µg (13.58%)