



## Wild Rice, Bacon & Cheddar Frittata

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



44 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 6 slices oscar mayer bacon cooked chopped
- 1 cup rice wild cooked
- 8 eggs
- 0.3 cup oil-packed sun-dried tomatoes drained finely chopped
- 0.3 tsp pepper
- 1 cup sharp cheddar cheese shredded divided kraft
- 2 Tbsp water

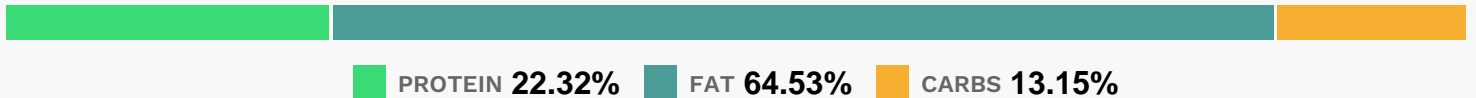
### Equipment

- bowl
- oven
- knife
- whisk

## Directions

- Heat oven to 350F.
- Press rice onto bottom of 9-inch pie plate sprayed with cooking spray.
- Whisk eggs, water and pepper in medium bowl until blended.
- Add bacon, 1/2 cup cheese and tomatoes; mix well.
- Pour over rice; top with remaining cheese.
- Bake 25 min. or until knife inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.7543478400811%

## Nutrients (% of daily need)

Calories: 43.82kcal (2.19%), Fat: 3.14g (4.83%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.33g (0.37%), Cholesterol: 37.74mg (12.58%), Sodium: 53.72mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Selenium: 4.24µg (6.05%), Phosphorus: 40.94mg (4.09%), Vitamin B2: 0.06mg (3.66%), Calcium: 26.02mg (2.6%), Zinc: 0.32mg (2.17%), Vitamin B12: 0.12µg (2.08%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.03mg (1.68%), Vitamin A: 83.25IU (1.66%), Folate: 6.26µg (1.57%), Manganese: 0.03mg (1.45%), Iron: 0.26mg (1.45%), Potassium: 48.74mg (1.39%), Vitamin D: 0.21µg (1.37%), Vitamin B1: 0.02mg (1.28%), Vitamin B3: 0.26mg (1.28%), Magnesium: 4.89mg (1.22%), Copper: 0.02mg (1.18%)