



Wild Rice, Bacon & Cheddar Frittata

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

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

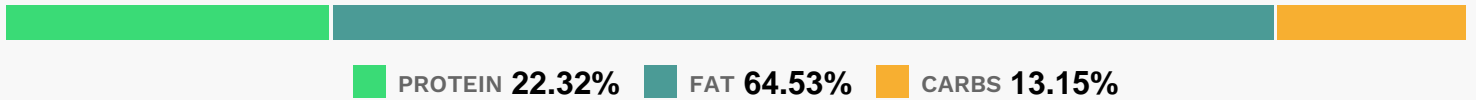
Equipment

- 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:14.83, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:11.696521676105%

Nutrients (% of daily need)

Calories: 292.11kcal (14.61%), Fat: 20.95g (32.22%), Saturated Fat: 8.41g (52.57%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.2g (2.45%), Cholesterol: 251.59mg (83.86%), Sodium: 358.11mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Selenium: 28.24µg (40.34%), Phosphorus: 272.96mg (27.3%), Vitamin B2: 0.42mg (24.43%), Calcium: 173.49mg (17.35%), Zinc: 2.17mg (14.44%), Vitamin B12: 0.83µg (13.86%), Vitamin B5: 1.24mg (12.38%), Vitamin B6: 0.22mg (11.18%), Vitamin A: 554.98IU (11.1%), Folate: 41.77µg (10.44%), Manganese: 0.19mg (9.65%), Iron: 1.74mg (9.64%), Potassium: 324.94mg (9.28%), Vitamin D: 1.37µg (9.16%), Vitamin B1: 0.13mg (8.54%), Vitamin B3: 1.71mg (8.53%), Magnesium: 32.6mg (8.15%), Copper: 0.16mg (7.89%), Vitamin E: 0.92mg (6.13%), Fiber: 1.08g (4.31%), Vitamin K: 2.87µg (2.74%), Vitamin C: 1.8mg (2.18%)