



A Nutrition Resource

STOVETOP FRITTATA

Yield: 4 Servings | **Serving Size:** 1/4 of frittata

Cost/Serving: \$1.40

Ingredients:

3 cups of any combination of fresh, frozen, or cooked vegetables (potatoes, broccoli, cauliflower, onion, mushroom), cut into small pieces

3/4 cup of cooked meat, such as ham or sausage

1/4 cup water

6 eggs

1/3 cup low-fat milk

1/4 teaspoon salt

Dash pepper

Shredded cheddar cheese (optional)

Directions:

- 1) In a large skillet over medium heat, combine vegetables and meat with water and heat until warm and water is absorbed.
- 2) In a medium bowl beat together eggs, milk, and seasonings until blended.
- 3) Reduce heat to medium low and pour egg mixture into skillet.
- 4) Cover and cook until eggs are almost set, about 15 minutes.
- 5) Remove from heat and sprinkle with cheese, if desired.
- 6) Let stand until eggs are completely set and cheese is melted, 3-5 minutes.
- 7) Cut into wedges and serve immediately.

Recipe courtesy of University of Wyoming Extension.

Nutrition Facts

4 servings per container
Serving size 1/4 of frittata
(192g)

Amount per serving
Calories 160

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 7g | 9% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 250mg | 83% |
| Sodium 300mg | 13% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 11g | |
| Vitamin D 2mcg | 10% |
| Calcium 78mg | 6% |
| Iron 1mg | 6% |
| Potassium 328mg | 6% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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