



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.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION