



Categories: Family Friendly. Keto. Low Carb.

Keto Frittata with Fresh Spinach

Yield: 4 servings

Prep time: 10-15 minutes

Total time: 40 minutes

Ingredients

Bacon | 5 oz, diced

Butter | 2 Tablespoons

Eggs | 8, medium

Spinach, Fresh | 8 oz

Heavy Whipping Cream | 1 cup

Cheddar Cheese | 5 oz, shredded

Salt & Ground Black Pepper | dash (to taste)

Directions

Preheat oven to 350 degrees. Grease 9X9 baking dish or individual ramekins.

Fry bacon in butter on medium heat until crispy. Add the spinach and stir until wilted. Remove the pan from heat and set aside.

Whisk the eggs and cream together and pour into baking dish or ramekins.

Add the bacon, spinach, and cheese on top and place in the middle of the pre-heated oven. Bake for 25-30 minutes or until set in the middle and golden brown on top.

Season with salt and pepper to taste.

Macronutrient Breakdown

Calories: 611 kcal | Carbohydrates: 4.4 g | Protein: 33.7 g | Fat: 50.4 g | Sodium: 991 mg

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Nutrition Facts

Serving Size: 1 serving(s)

Amount Per Serving		% Daily Value*
Calories	611.3 kcal	31 %
Total Fat	50.4 g	77 %
Saturated Fat	24.3 g	122 %
Trans Fat	1 g	
Cholesterol	447.6 mg	149 %
Sodium	991 mg	41 %
Total Carbohydrate	5.6 g	2 %
Dietary Fiber	1.2 g	5 %
Sugars	2.6 g	
Protein	33.7 g	67 %
Vitamin A	137 %	• Vitamin C 27 %
Calcium	38 %	• Iron 17 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com

