

Ham, cheese and tomato frittata



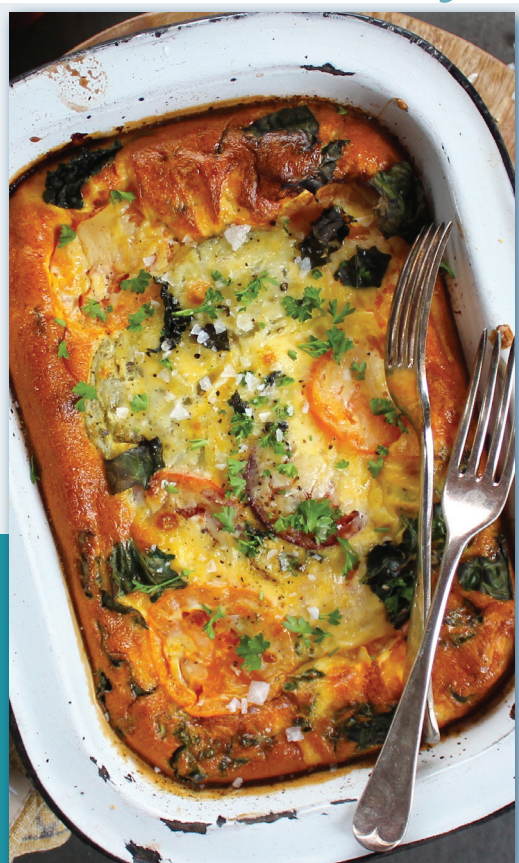
Preparation
Time



Cooking
Time



Serves



Ingredients:

- 12 eggs
- 1 cup pure cream
- ½ cup tasty cheese, grated
- 100g ham off the bone
- 50g kale, chopped
- 200g heirloom tomatoes, sliced

Method:

- Pre-heat oven to 175°C. Line a 22cm baking dish with baking paper.
- Whisk 12 eggs and 1 cup of cream, milk or rice milk together until smooth.
- Sprinkle the base of the baking dish with half the cheese, ham, kale and tomatoes.
- Gently pour over egg mixture. Sprinkle with remaining cheese and place in oven.
- Cook for 25-30 minutes or until egg is set or wobbles once when moved.
- Slice and serve warm.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	2000kj	680kj
Protein	27g	9g
Fat total	40g	13g
Saturated fat	21g	7g
Monounsaturated fat	12g	4g
Polyunsaturated fat	3g	0.9g
Trans fat	1g	0.4g
Very long chain N3 fatty acids	0.1g	0.05g
Carbohydrates	4g	1g
Sugars	4g	1g
Fibre	1g	0.5g
Sodium	640mg	210mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.