

MINI ITALIAN FRITTATAS

Yield: 12 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/barefoot-contessa-mini-italian-frittatas-recipe>

Ingredients:

- 2 tablespoons olive oil plus extra for greasing the pan
- 1 1/2 cups leeks chopped, white and light green parts
- 4 ounces prosciutto sliced Italian, coarsely chopped
- 8 ounces baby spinach fresh
- 2 1/2 tablespoons fresh basil leaves julienne
- 1 tablespoon lemon juice freshly squeeze
- 1 1/2 cups grated Gruyère cheese freshly, or Fontina cheese
- 4 tablespoons grated Parmesan cheese freshly
- 8 eggs
- 1 1/2 cups half and half
- salt
- black pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 175 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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