

# Christmas Morning Frittata

Yield: 7 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-of-home-christmas-meatball-recipe>

## Ingredients:

- 1 onion medium, chopped
- 1 green pepper medium, chopped
- 1 garlic cloves minced
- 2 tablespoons butter
- 1/2 cup chopped tomatoes
- 1/4 cup fresh parsley minced
- 5 eggs Egglard's Best, lightly beaten
- 2 cups shredded mozzarella cheese
- 1/2 cup bread crumbs soft
- 1 teaspoon worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 185 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 670 milligrams
9. Sugar: 2 grams

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