

Caramelized Onion Frittata

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-keto-italian-sausage-recipe-for-casings>

Ingredients:

- 6 eggs whisked
- 1 pound italian sausage
- 2 yellow onions sliced thin
- salt
- pepper
- 2 tablespoons virgin coconut oil Gold Label, to grease your 8×8 glass baking dish

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 540 milligrams
4. Fat: 66 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 27 grams
8. Sodium: 1510 milligrams
9. Sugar: 4 grams

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