

Slow Cooker Ham and Swiss Frittata

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/ham-and-swiss-frittata-recipe>

Ingredients:

- 6 eggs lightly beaten
- salt
- pepper
- 2 garlic cloves minced
- 3 mushrooms sliced
- 3/4 cup shredded swiss cheese divided
- 1 cup cubed ham
- 1 tomato small, diced
- bacon bits optional
- salsa optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 245 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 790 milligrams
9. Sugar: 2 grams

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