

Sweet Italian Sausage Frittata

Yield: 3 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-breakfast-frittata-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 small yellow onion peeled and sliced
- 1 russet potato peeled and thickly sliced
- 2 sweet Italian sausages crosswise sliced
- salt
- freshly ground black pepper
- 3 eggs
- 1/2 cup whole milk
- 1 pinch fresh thyme leaves optional

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 240 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams
8. Sodium: 780 milligrams
9. Sugar: 4 grams

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