

# Heirloom Tomato, Ham and Fontina Frittata

Yield: 8 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pork-leg-recipe>

## Ingredients:

- 12 eggs
- 1/3 cup parmigiano reggiano cheese grated
- kosher salt
- freshly ground pepper
- 5 ounces fontina cheese Italian, cut into 1/2-inch cubes
- 1 tablespoon olive oil
- 1 red onion diced
- 5 ounces ham steak cut into 1/2-inch cubes
- 12 ounces heirloom tomatoes assorted, cut into slices 1/2 inch thick
- 1 1/2 tablespoons fresh basil thinly sliced

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 350 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 7 grams
8. Sodium: 640 milligrams
9. Sugar: 3 grams

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