

Fiddlehead Frittata

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-fiddlehead-recipe>

Ingredients:

- 6 eggs
- 1 cup fiddleheads
- 1 cup sliced mushrooms morels would be ideal
- 2 cloves minced garlic
- 4 ounces ricotta cheese
- 2 sprigs chopped parsley optional
- olive oil splashes
- salt
- pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 330 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 330 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Fiddlehead Frittata above. You can see more 15 japanese fiddlehead recipe Get cooking and enjoy! to get more great cooking ideas.