

# Frittata

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-frittata-recipe>

## Ingredients:

- 12 large eggs
- black pepper
- 1/4 cup grated Parmesan Or Romano Cheese
- 1/2 cup grated cheddar Or Monterey Jack Cheese, more To Taste
- 2 dashes hot sauce Optional
- 2 tablespoons butter
- 1 whole onion Medium, Halved And Sliced Thin
- 1 whole baked potato Cooled And Diced
- 2 cups kale leaves Torn, Or Whole Spinach Leaves
- 1/4 cup black olives Chopped Green Or
- salt
- 2 roasted red peppers Jarred

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 335 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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