

Basic Baked Frittata

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 6 eggs
- 1 handful cheese
- milk A splash of
- salt
- pepper
- vegetables
- spices

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 330 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 400 milligrams
9. Sugar: 1 grams

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