

# Broccoli Bacon Cheddar Frittata

Prep Time 10 mins  
 Total Time 20 mins  
 Meal Type Breakfast  
 Contributed By



Source [Living Plate](#)

Servings 6



## Ingredients

lb,c g,ml

- 1 Tbs olive oil
- 1 cup broccoli, *chopped*
- 3 bacon strips, uncured, *chopped*
- 1/2 tsp garlic, granulated
- 6 eggs
- 1/4 cup milk
- 1/2 cup cheddar cheese, shredded

## Directions

### Prep

1. Preheat oven to 375° F.

### Make

1. Heat olive oil in a cast iron skillet over medium heat.
2. Add broccoli, season with salt and pepper and cook until bright green (about 1–2 minutes).
3. Add bacon and granulated garlic; cook one more minute.
4. Whisk the eggs, milk and cheese in a medium bowl until well combined. Pour into the cast iron skillet and stir to mix with the broccoli. Cook 1–2 minutes, stirring constantly.
5. Transfer skillet to the oven and bake 10 minutes or until top is set.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>153</b>	<b>Total Fat</b> 11.2g	17%	<b>Total Carbohydrates</b> 2g	0%
		Saturated Fat 3.9g	19%	Dietary Fiber 0g	1%
		Trans Fat 0.0g		Total Sugars 1g	
		<b>Cholesterol</b> 199mg	66%	<b>Protein</b> 11g	
		<b>Sodium</b> 205mg	8%		
Vitamin D 1mcg 10% · Calcium 84mg 8% · Iron 1mg 5% · Potassium 144mg 3%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -