

# Potato Frittata Cups

*This quick make ahead breakfast recipe is inspired by a Spanish tortilla – a potato filled, baked omelet and uses frozen shredded hash browns for convenience!*

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	5 MIN	20 MIN

## INGREDIENTS

1 ½ cup	Frozen Shredded Hash Browns, defrosted
7 large	Eggs, beaten
2 Tbsp	Nutritional Yeast
2 tsp	Oregano, dried
1 tsp	Garlic Powder
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground

## CHEF'S NOTES

Frittata cups are totally customizable! Here we skip the dairy and use Nutritional Yeast for a cheesy, savory flavor but you can also add your favorite cheese and additional vegetables in the filling.

PRO TIP: Silicone baking cups make for easy clean up and allow the frittatas to pop out without sticking!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F and line a 12-cup muffin pan with paper liners. Spray with nonstick cooking spray and set aside.
2. Add 2 Tablespoons of hashbrowns to each muffin cup.
3. In a medium mixing bowl, combine the eggs and seasonings and whisk to combine evenly. If you have an immersion blender, it can help to produce a very smooth egg mixture.
4. Using a 1 oz. ladle, add the egg mixture to each cup, filling almost to the top.
5. Bake for about 12- 15 minutes, until the egg is set and the tops are lightly browned and puffy. Egg dishes should reach an internal temperature of 160°F using an instant read thermometer.

# Nutrition Facts

12 servings per container

**Serving size** 1 frittata (44g)

**Amount Per Serving**

**Calories** 60

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 110mg 37%

**Sodium** 85mg 4%

**Total Carbohydrate** 3g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 4g 8%

Vitamin D 0.6mcg 2%

Calcium 20mg 2%

Iron 0.8mg 4%

Potassium 80mg 2%

\* The % 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.

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