



TURKEY BACON & SWISS FRITTATA

	Ingredients	Exchanges
Protein	6.1 gm turkey bacon, cooked, chopped	1 (-0.5 gm)
	34.4 gm raw egg whites	2 (+2.0 gm)
	4.3 gm Swiss cheese, chopped	0.7 (-0.35 gm)
Fat	31.2 gm mayonnaise	6 (+1.15 gm)
Carbohydrate	20 gm raw spinach, chopped	1.3
Other	pinches of salt, pepper, onion powder	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- Weigh the ingredients using a gram scale.
- In a small bowl, combine the ingredients and stir until smooth.
- Grease a jumbo muffin pan or silicone mold with nonstick cooking spray.
- Pour the mixture into the greased mold.
- Bake for 20-25 minutes until firm and the edges are golden brown.
- Remove from the oven when finished and allow to cool before removing from the dish.

VARIATIONS

- Adjust this recipe as needed to any ketogenic ratio.
- Swiss cheese may be substituted for other cheeses such as cheddar, mozzarella, or Colby-Jack.
- Mayonnaise should not be substituted for butter or oil.
- Other proteins can be used in place of turkey bacon such as additional cheese, ham, turkey sausage, beef, etc.
- Other vegetables can be used in place of spinach such as zucchini, cauliflower, broccoli, etc.
- Whole eggs can be used in place of egg whites.