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Caramelized Onion Frittata ♦

Caramelized onion frittata is a delicious and hearty dish made with caramelized onions, eggs, and cheese. It is a versatile recipe that can be served for breakfast, brunch, lunch, or dinner. The caramelized onions add a sweet and savory flavor to the frittata, making it a crowd-pleasing dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Onions
6 units	eggs
200 g	Cheese
2 tbsp	olive oil
1 tsp	salt

0.5 tsp black pepper

Directions

Step 1

Sautéing

Heat olive oil in a skillet over medium heat. Add onions and cook until caramelized, stirring occasionally, for about 15-20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Mixing

In a bowl, whisk together eggs, salt, and black pepper. Stir in the caramelized onions and cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Pour the egg mixture into a greased baking dish. Bake in a preheated oven at 350°F (175°C) for 25-30 minutes, or until the frittata is set and golden brown on top.

Prep Time: 5 mins

Cook Time: 30 mins

Step 4

Resting

Remove from the oven and let it cool for a few minutes. Cut into slices and serve warm.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 12 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	12 mcg	21.82%	21.82%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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