

Bacon & Heirloom Tomato Frittata

2 SERVINGS 30 MINUTES



INGREDIENTS

5 Egg
1 tbsp Basil Leaves (chopped)
1/8 tsp Sea Salt
4 slices Bacon (chopped)
3/4 cup Red Onion (thinly sliced)
2 Tomato (heirloom, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	441	Iron	3mg
Fat	33g	Vitamin D	111IU
Carbs	10g	Folate	103µg
Fiber	2g	Magnesium	38mg
Protein	25g	Zinc	3mg
Vitamin C	22mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 03 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 04 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 05 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

NOTES

RECIPE ID 501

SCD BACON

Use unprocessed, uncured bacon free of nitrates and sugar.

NO PORK

Use turkey bacon instead.