

Easter Frittata: Simple, Delicious & Low-Carb

Hands-on 15 minutes Overall 45-55 minutes

Nutritional values (per serving): Total carbs: 9.8 g, Fiber: 3.5 g, **Net carbs: 6.3 g,**

Protein: 25.5 g, Fat: 37.5 g, Calories: 503 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 10 large eggs
- 20 small asparagus spears (250 g / 8.8 oz)
- 2 small spring onions (10 g / 0.4 oz)
- 1 small shallot (20 g / 0.7 oz)
- 1 large red bell pepper (150 g / 5.3 oz)
- 1/4 cup heavy whipping cream (60 ml / 2 fl oz)
- 1 package fresh soft goat cheese *or* any soft full-fat cheese (150 g / 5.3 oz)
- 1 package Pancetta *or* bacon (100 g / 3.5 oz)
- 2 tbsp fresh parsley *or* 1 tsp dried
- 2 tbsp fresh mint *or* 1 tsp dried
- 1 tbsp fresh tarragon *or* 1 tsp dried
- 2 tbsp [ghee](#) *or* butter
- [sea salt](#) to taste
- freshly ground [black pepper](#)
- 4 cherry tomato vines (300 g / 10.6 oz) to serve with the frittata

Instructions

1. First, preheat the oven to 200 °C/ 400 °F. Prepare the asparagus by cutting the woody ends off (250 g of asparagus in our recipe counts after cutting the ends off). Wash and deseed the bell pepper and slice it in small stripes. Peel and finely chop the shallot and spring onion.
2. Grease a non-stick pan with a tablespoon of butter or ghee and add all the ingredients from the previous step. Season with salt to taste. Cook briefly for about 5 minutes just enough to release the fragrance and set aside.
3. In a bowl, whisk the eggs, cream and freshly chopped herbs. If you don't have the herbs for this recipe, you can use any herbs you have (e.g. chives, thyme, basil).

4. Season with salt and freshly ground black pepper.
5. Place the cooked vegetables into a baking dish (I used a 25 cm / 10 inch baking dish). Crumble the soft goat cheese equally all over the vegetables and pour the egg mixture over it.
6. Place it in the oven and cook for about 20 minutes just until the top becomes firm.
7. Carefully take the dish from the oven and reduce the temperature to about 175 °C/ 350 °F. Lay the Pancetta (or bacon) all over the frittata and place back in the oven for an additional 15-20 minutes. When done, remove from the oven and let it cool down before you start serving.
8. Meanwhile, prepare the tomatoes. Grease a pan with a tablespoon of ghee (or butter) and keep it on medium heat. The best way to roast tomatoes is to leave them on the vine. This will add extra flavour. Roast shortly for about 5 minutes (don't overcook) and...
9. Place them on a serving plate with the Frittata. Enjoy!

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