

Easy Low-Carb Instant Pot Frittata

Hands-on 10 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 5.9 g, Fiber: 2.4 g, **Net carbs: 3.5 g,**

Protein: 9.4 g, Fat: 17.6 g, Calories: 218 kcal,

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



Ingredients (makes 8 servings)

Frittata:

- 8 large eggs
- 1/3 cup heavy whipping cream (80 ml/ 2.7 fl oz)
- 1/2 cup shredded cheddar cheese (57 g/ 2 oz)
- 1/4 cup diced bell pepper (37 g/ 1.3 oz)
- 1/4 cup minced red onion (40 g/ 1.4 oz)
- 1/2 cup chopped spinach (15 g/ 0.5 oz)
- 1 tsp sea salt
- 1 tsp chili powder, or to taste
- 1/8 tsp black pepper

Toppings:

- 1 avocado (200 g/ 7.1 oz)
- 1 tomato, diced (200 g/ 7.1 oz)
- 1/4 cup minced red onion (40 g/ 1.4 oz)
- 1/2 cup sour cream (115 g/ 4 oz)
- 1 fresh or pickled jalapeño pepper, sliced (15 g/ 0.5 oz)
- 2 tbsp minced chives or spring onion

Instructions

1. In a medium bowl beat the eggs and heavy cream together until fluffy.
2. Add in the remaining ingredients and mix to combine.
3. Pour the mixture into a 18 cm (7 inch) lined ceramic baking dish sprayed or brushed with some olive oil or ghee.
4. Place one cup of water in the bottom of the [Instant Pot](#), add the steamer rack to the pot and place the ceramic dish on top of the rack. Cover and set to *Manual* for 12 minutes, *high pressure*, and then let it naturally release for 15 minutes before removing and inverting onto a serving platter.

5. Mix the chopped tomato and the remaining red onion. Season with salt to taste. Top the frittata with all of the toppings and serve. Store in an airtight container in the refrigerator for up to 5 days.

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