

Keto Mexican Kale Frittata

Hands-on 15 minutes Overall 45 minutes

Nutritional values (per slice): Total carbs: 4.1 g, Fiber: 1.4 g, **Net carbs: 2.7 g,**

Protein: 18.5 g, Fat: 21.5 g, Calories: 285 kcal,

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



Ingredients (makes 8 slices)

- 225 g Mexican chorizo sausage (1/2 lb)
- 200 g dark leaf kale such as cavolo nero, stems removed (7.1 oz)
- 2 tbsp [ghee](#) or duck fat (30 ml)
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup grated cheddar cheese (113 g/ 4 oz)
- 1/4 tsp sea salt or [pink Himalayan salt](#)
- 1/4 tsp black pepper
- 12 large eggs

Serving suggestions:

- diced avocado, cherry tomatoes or peppers
- sour cream or crumbled feta cheese
- Guacamole (you can [make your own](#))
- [Sriracha](#) sauce (you can [make your own](#))

Instructions

1. Wash the kale. Remove the stems and tear the kale into small pieces.
2. Grease a large ovenproof [casserole dish](#) or a deep dish skillet with the ghee. Add the sliced onion and cook over a medium-high heat for about 5 minutes, until lightly browned and fragrant. Add the minced garlic and cook for another minute.
3. Crumble the chorizo over the onion and cook and garlic, and cook for about 5 minutes, stirring frequently.
4. Add the kale and stir to combine. Cover with a lid and cook over a medium-low heat for 10-15 minutes.
5. Meanwhile, preheat the oven to 175 °C/ 350 °F. Crack the eggs into a large bowl and add salt and pepper. Whisk well.
6. Pour into the casserole dish, over the chorizo and kale. Add half of the grated cheddar and stir to combine.

7. Top with the remaining cheddar and transfer into the oven.
8. Bake for about 15 minutes. Optionally, you can crisp up the frittata by broiling it for the last 3-5 minutes. Serve 1-2 slices with toppings of choice. To store, let the frittata cool down and refrigerate for up to 5 days.

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