

Quick Frittata with Tomatoes and Cheese

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 1/2 frittata): Total carbs: 7.4 g, Fiber: 1.2 g, **Net carbs: 6.2 g**,

Protein: 26.7 g, Fat: 32.6 g, Calories: 435 kcal,

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



Ingredients (makes 2 servings)

- 6 large eggs
- 1/2 medium *or* yellow white onion (55 g/ 1.9 oz)
- 2/3 cup crumbled soft cheese like feta *or* goat's cheese (100 g/ 3.5 oz)
- 2/3 cup cherry tomatoes, halved (100 g/ 3.5 oz)
- 1 tbsp ghee *or* duck fat (15 ml)
- 2 tbsp freshly chopped herbs such as chives or basil
- sea salt and ground pepper, to taste

Instructions

1. Preheat the oven (or ideally broiler if you have it) to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Peel and slice the onion. Place on a hot pan greased with ghee and cook until lightly browned.
2. Crack the eggs into a bowl and season with salt and pepper. Add finely chopped herbs (I used chives) and whisk well.
3. When the onion is browned, pour in the eggs and cook until you see the edges turning opaque.
4. Top with the crumbled cheese and halved cherry tomatoes. Place under the broiler and cook for 5-7 minutes or until the top is cooked.
5. Remove from the oven and set aside to cool down. Serve immediately or store in the fridge for up to 5 days. You can freeze the frittata for up to 3 months.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)