



Keto Pancetta Frittata

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

232.3 calories, 1.86 g carbohydrate, 0.12 g fiber, 1.74 g NET carbs, 16.05 g protein, 17.8 g fat

Ingredients

- 1/2 small(s) onion, sliced
- 1 Tbsp salted butter
- 6 slice(s) slices bacon, chopped (or ½ cup pancetta)
- 8 large(s) eggs
- 1 cup Parmesan cheese, grated
- 1/4 tsp(s) pepper

Preparation

1. Preheat oven to 350 degrees F.
2. Add butter to a large oven-proof skillet over medium heat.
3. Add the onions. Cook, stirring occasionally, for about 7 minutes. Add in the bacon or pancetta and continue to cook for a few more minutes.
4. Whisk eggs, Parmesan cheese, salt and pepper in a large bowl. Pour the egg mixture on top of the onion and pancetta. Do not stir.
5. Transfer the skillet in the preheated oven and bake for 15 minutes. Let cool for 5 minutes before cutting into slices.

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