



Mann's Nourish Bowls® Southwest Chipotle Frittata

Servings
8

Calories
130

Prep Time
10 minutes

Total Time
45 minutes

Skill Level
Easy

Ingredients

- 2 Mann's Nourish Bowls® Southwest Chipotle
- 1 dozen eggs, large
- 1 cup Milk (or heavy cream)
- 1 cup shredded Mozzarella Cheese, (optional)
- Salt and pepper, to taste



The Method

Preheat oven to 350°F.

Lightly grease a 9 x 13-inch baking dish. Prepare Mann's Nourish Bowls® Southwest Chipotle according to directions. Set cheese packets aside.

In a large bowl, whisk together eggs, milk, and optional Mozzarella cheese. Add salt and pepper, to taste. Set aside.

Evenly distribute Mann's Nourish Bowls® Southwest Chipotle in baking dish. Add egg mixture over the prepared Mann's Nourish Bowls® Southwest Chipotle. Once finished, stir gently with a fork to evenly distribute eggs and Mann's Nourish Bowls® Southwest Chipotle mixture. Sprinkle with cheese packets from Mann's Nourish Bowls® Southwest Chipotle.

Bake for 30 minutes in the preheated oven until golden brown, or until a knife inserted comes out clean.

Serves 8 – 10 people.

Nutrition Facts

Serving Size: 169g | Servings: 8

Amount Per Serving

Calories 130 | Total Fat 4.5g (sat fat 2.5g trans 0g) | Cholesterol 10mg | Sodium 650mg | Total Carbohydrate 11g | Dietary Fiber 2g | Sugars 4g (Includes 0g Added Sugars) | Protein 13g | Vitamin D 0% | Calcium 15% | Iron 6% | Potassium 6%