

# Mini philly frittatas

Traffic light category: **Green**

Serves: 12

## Ingredients

- » 250g softened light Philadelphia cream cheese
- » 1 small red onion, finely chopped
- » 80g baby spinach leaves, finely chopped
- » 60g low fat ham, finely chopped
- » 2 tablespoons plain flour
- » 2 eggs beaten
- » 12 semi-sundried tomatoes (or sliced fresh tomatoes)
- » 1 tablespoon parmesan cheese

## Method

1. Preheat oven to 180°C
2. Combine cream cheese, onion, spinach, ham and flour in a bowl, mix well
3. In a separate bowl beat the eggs
4. Add eggs to cream cheese mixture
5. Spoon into a non-stick muffin pan
6. Top each muffin with a semi-sundried tomato and lightly sprinkle with parmesan cheese
7. Bake for approximately 20-25 minutes or until set.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	48g	100g
Energy	387kJ	803kJ
Protein	4.6g	9.6g
Total fat	6.7g	14g
Saturated fat	4g	8.2g
Carbohydrate	3.1g	6.4g
Sugars	1.7g	3.5g
Dietary fibre	0.6g	1.4g
Sodium	157mg	326mg