

# Instant Pot Keto Poblano Cheese Frittata



4.66 from 55 votes

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins



This low carb Poblano Cheese Frittata is as good for breakfast as it is for dinner. It's a great way to make an easy frittata in your Instant Pot.

Course: Breakfast, Main Course

Cuisine: American, Mexican

Keyword: Frittata Recipes, Instant Pot Poblano Cheese

Frittata, Instant Pot Recipes, Keto Frittata, Keto Poblano

Cheese Frittata, Low Carb Frittata, Low Carb Poblano Cheese

Frittata, Poblano Cheese Frittata, Pressure Cooker Poblano Cheese Frittata, Pressure Cooker Recipes, TwoSleevers

Dietary Consideration: Gluten-Free, High Fat, Keto, Low Carb, Low Sugar

Cooking Style: Instant Pot/Pressure Cooker

Ease of Cooking: Pour and Cook, Under 30 Mins

Recipe Type: Eggs, Full Liquids/Soft Foods, Pressure Cooker

Servings: 4

Calories: 257 kcal

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## Ingredients

4 eggs

1 cup half and half

10 ounce Canned Diced Green Chilis

1/2-1 teaspoon Salt

1/2 teaspoon Ground Cumin

1 cup Mexican Blend Shredded Cheese divided

1/4 cup chopped cilantro

## Instructions

1. Beat eggs and combine with half and half, diced green chilis, salt, cumin, and 1/2 c of the shredded cheese.
2. Pour into a 6-inch greased metal or silicone pan, cover with foil. (if you're using glass, it will take longer to cook). Be sure to grease the pan well, since eggs stick it something fierce.

3. Add 2 cups of water into your Instant Pot, and place a trivet in the pot. Place the covered pan on the trivet.
4. Cook at high pressure for 20 minutes, allow natural release for 10 minutes and then release any remaining pressure.
5. Scatter remaining half cup of cheese on top of the quiche, and place under hot broiler for 5 mins until cheese is bubbling and brown.

## Recipe Notes

Be sure to check out the video above to see how easy it is to make this frittata!

## Nutrition facts per serving

257kcal | Fat: 19g | Saturated fat: 10g | Carbohydrates: 6g | Fiber: 1g | Protein: 14g

I am not a registered dietician or nutritionist. Nutritional information is provided a courtesy, and can vary depending on the exact ingredients you use.

Instant Pot Keto Poblano Cheese Frittata <https://twosleever.com/poblano-cheese-frittata/>