



## Acorn Squash Quiche

 **Gluten Free**  **Dairy Free**

READY IN



**95 min.**

SERVINGS



**6**

CALORIES



**134 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 2 acorn squash
- 4 eggs
- 1 tablespoon pumpkin pie spice
- 1 onion red chopped
- 6 servings salt to taste
- 1 cup turkey cooked chopped

### Equipment

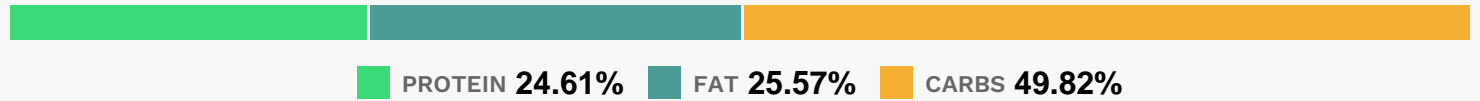
- bowl

- baking sheet
- oven
- pie form

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place squash on a baking sheet. Grease a pie dish.
- Bake squash in the preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Cool squash until able to touch, about 15 minutes; cut in half, remove seeds, and scoop meat into a bowl.
- Mix squash, onion, turkey, eggs, pumpkin pie spice, and salt together in a bowl until smooth; pour into prepared pie dish.
- Bake in the oven until edges become lighter in color and middle is set, 35 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:11.259999996942%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 133.53kcal (6.68%), Fat: 4.01g (6.17%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 14.97g (5.44%), Sugar: 0.97g (1.08%), Cholesterol: 121.05mg (40.35%), Sodium: 259.56mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Manganese: 0.43mg (21.64%), Vitamin C: 17.39mg (21.08%), Vitamin B6: 0.4mg (19.82%), Selenium: 13.44µg (19.2%), Potassium: 609.55mg (17.42%), Vitamin B1: 0.23mg (15.37%), Phosphorus: 146.61mg (14.66%), Magnesium: 56.83mg (14.21%), Vitamin A: 697.91IU (13.96%), Vitamin B5: 1.18mg (11.81%), Vitamin B3: 2.34mg (11.68%), Vitamin B2: 0.19mg (10.91%), Folate: 43.09µg (10.77%), Iron: 1.9mg (10.55%), Fiber: 2.61g (10.46%), Vitamin B12: 0.46µg (7.72%), Calcium: 76.82mg (7.68%), Copper: 0.14mg (6.97%), Zinc: 0.92mg (6.1%), Vitamin D: 0.64µg (4.24%), Vitamin E: 0.35mg (2.31%)