



Artichoke Quiche

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 2 cups rice long-grain cooked
- 1 tablespoon dijon mustard
- 1 teaspoon dillweed dried
- 0.8 cup egg substitute divided
- 0.8 cup milk fat-free
- 1 small garlic clove crushed
- 0.3 cup green onions sliced

- 0.3 teaspoon ground pepper white
- 0.5 teaspoon salt
- 3 ounces sharp cheddar cheese shredded divided reduced-fat

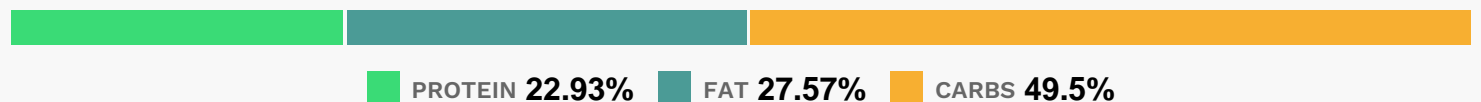
Equipment

- oven

Directions

- Preheat oven to 350
- Combine rice, 1/4 cup cheese, 1/4 cup egg substitute, dillweed, salt, and garlic; press into a 9-inch pieplate coated with cooking spray.
- Bake at 350 for 5 minutes.
- Arrange artichoke quarters on bottom of rice crust; sprinkle evenly with remaining 1/2 cup cheese.
- Combine remaining 1/2 cup egg substitute, milk, and next 3 ingredients; pour over cheese.
- Bake at 350 for 50 minutes or until set.
- Let stand 5 minutes; cut into wedges.
- Garnish with green onion strips, if desired.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:16.65, Inflammation Score:-4, Nutrition Score:7.9839129966238%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 170.65kcal (8.53%), Fat: 5.1g (7.84%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.08g (6.94%), Sugar: 2.87g (3.19%), Cholesterol: 15.09mg (5.03%), Sodium: 632.12mg (27.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.07%), Selenium: 21.91µg (31.3%), Calcium: 176.6mg (17.66%), Phosphorus: 147.99mg (14.8%), Manganese: 0.29mg (14.44%), Vitamin B2: 0.23mg (13.61%), Vitamin B5: 0.88mg (8.85%), Vitamin K: 9.07µg (8.64%), Zinc: 1.26mg (8.37%), Vitamin B12: 0.43µg (7.16%), Vitamin A: 325.12IU (6.5%), Vitamin B6: 0.13mg (6.49%), Vitamin D: 0.9µg (6.01%), Fiber: 1.5g (6%), Magnesium: 21.31mg (5.33%), Iron: 0.93mg (5.15%), Vitamin B1: 0.08mg (5.1%), Potassium: 167.26mg (4.78%), Vitamin E: 0.64mg (4.24%), Folate: 12.83µg (3.21%), Copper: 0.06mg (2.84%), Vitamin B3: 0.34mg (1.7%), Vitamin C: 1.2mg (1.45%)