

Artichoke Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 eggs beaten
- ☐ 6 servings pastry for 9-inch pie
- ☐ 6 green onions finely chopped
- ☐ 1 Dash ground nutmeg
- ☐ 13 ounce marinated artichoke hearts undrained
- ☐ 1 Dash bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces swiss cheese shredded

- ☐ 1.5 cups whipping cream
- ☐ 0.3 teaspoon pepper white

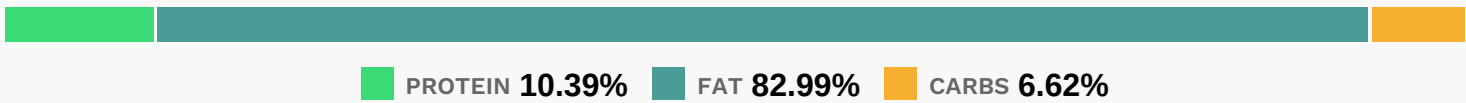
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Line a 9-inch quiche dish or pie plate with pastry; trim excess pastry around edges. Prick bottom and sides of pastry with a fork.
- ☐ Bake at 400 for 3 minutes; remove from oven, and gently prick with a fork.
- ☐ Bake an additional 5 minutes.
- ☐ Let cool on a wire rack.
- ☐ Combine whipping cream, eggs, salt, pepper, and nutmeg in a medium mixing bowl; mix well, and set aside.
- ☐ Drain artichokes, reserving 2 tablespoons oil; set aside.
- ☐ Cut artichokes into bite-size pieces; set aside.
- ☐ Saut onion in reserved oil in a small skillet until tender; drain off oil. Stir in reserved artichoke pieces; spoon into prepared pastry.
- ☐ Pour whipping cream mixture over onion and artichokes; sprinkle cheese on top, and dot with butter.
- ☐ Bake at 375 for 45 minutes or until set.
- ☐ Let stand 10 minutes before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:10.80391303871%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 402.89kcal (20.14%), Fat: 37.3g (57.39%), Saturated Fat: 18.96g (118.51%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 5.08g (1.85%), Sugar: 2.77g (3.08%), Cholesterol: 166.65mg (55.55%), Sodium: 535.92mg (23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.03%), Vitamin A: 1973.06IU (39.46%), Vitamin K: 27.24µg (25.95%), Calcium: 242.18mg (24.22%), Selenium: 14.55µg (20.78%), Phosphorus: 192.68mg (19.27%), Vitamin C: 15.75mg (19.09%), Vitamin B2: 0.28mg (16.66%), Vitamin B12: 0.86µg (14.4%), Vitamin D: 1.39µg (9.28%), Zinc: 1.31mg (8.73%), Vitamin E: 1.04mg (6.92%), Fiber: 1.62g (6.46%), Iron: 1.13mg (6.3%), Vitamin B5: 0.58mg (5.82%), Folate: 23.12µg (5.78%), Magnesium: 16.08mg (4.02%), Vitamin B6: 0.08mg (4%), Potassium: 136.05mg (3.89%), Vitamin B1: 0.03mg (2.29%), Copper: 0.05mg (2.25%), Manganese: 0.04mg (2.04%)