



Asparagus and Cheddar Quiche

READY IN



65 min.

SERVINGS



8

CALORIES



1534 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 bunch asparagus chopped
- ☐ 3 tablespoons butter
- ☐ 1 pinch cayenne
- ☐ 0.3 cup chives chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 4 eggs
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup heavy cream
- ☐ 8 servings kosher salt and cracked pepper black

- ☐ 1 teaspoon nutmeg grated
- ☐ 1 small onion finely chopped
- ☐ 11 inch pie dough store-bought
- ☐ 1.5 cups cheddar shredded white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Roll out pie dough and mold into an 11-inch pie dish, crimping the edges to make ridges. Pierce the dough with a fork several times.
- ☐ Bake in the hot oven until slightly browned, about 6 to 8 minutes.
- ☐ Remove from the oven and let cool. Turn the oven down to 325 degrees F.
- ☐ In a large skillet over medium-high heat, add the butter, onions, asparagus, cayenne and garlic.
- ☐ Sprinkle with a pinch salt and a pinch pepper. Cook for 5 to 6 minutes until the asparagus is soft and mixture is fragrant.
- ☐ Remove from the pan to a bowl and let cool.
- ☐ In a large bowl, add the chives, Dijon mustard, eggs, heavy cream, nutmeg, a large pinch salt and a large pinch black pepper.
- ☐ Whisk together until well combined.
- ☐ Add the asparagus mixture to the pie shell, then pour in the egg mixture. Top with the Cheddar and bake until the eggs are set, about 35 minutes.
- ☐ Remove from the oven, cut into wedges and serve.

Nutrition Facts



 **PROTEIN 7.09%**  **FAT 56.61%**  **CARBS 36.3%**

Properties

Glycemic Index:43.13, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:29.558260544487%

Flavonoids

Isorhamnetin: 3.73mg, Isorhamnetin: 3.73mg, Isorhamnetin: 3.73mg, Isorhamnetin: 3.73mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 1533.7kcal (76.69%), Fat: 96.3g (148.15%), Saturated Fat: 36.84g (230.24%), Carbohydrates: 138.94g (46.31%), Net Carbohydrates: 130.47g (47.44%), Sugar: 2.61g (2.9%), Cholesterol: 147.93mg (49.31%), Sodium: 1573.11mg (68.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.3%), Manganese: 1.37mg (68.46%), Folate: 241.36µg (60.34%), Vitamin B1: 0.87mg (58.19%), Iron: 8.93mg (49.6%), Vitamin B2: 0.81mg (47.42%), Selenium: 32.14µg (45.92%), Vitamin K: 48.15µg (45.86%), Vitamin B3: 8.07mg (40.37%), Phosphorus: 395.78mg (39.58%), Fiber: 8.47g (33.9%), Vitamin A: 1390.42IU (27.81%), Calcium: 256.69mg (25.67%), Zinc: 2.74mg (18.28%), Vitamin B5: 1.81mg (18.06%), Vitamin E: 2.71mg (18.05%), Copper: 0.35mg (17.63%), Magnesium: 63.6mg (15.9%), Vitamin B6: 0.28mg (13.96%), Potassium: 483.85mg (13.82%), Vitamin B12: 0.48µg (7.95%), Vitamin D: 1.04µg (6.95%), Vitamin C: 5.05mg (6.12%)