



Asparagus and Goat Cheese Quiche

READY IN



75 min.

SERVINGS



6

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 lb asparagus fresh trimmed cut into 1-inch pieces
- 1 tablespoon butter
- 4 oz goat cheese crumbled (goat)
- 3 eggs
- 1 cup half and half
- 0.5 cup onion chopped (1 medium)
- 2 oz parmesan shredded
- 0.5 teaspoon pepper freshly ground
- 1 pie crust dough refrigerated softened

- 0.5 cup roasted peppers red drained chopped (from a jar)
- 0.5 teaspoon salt

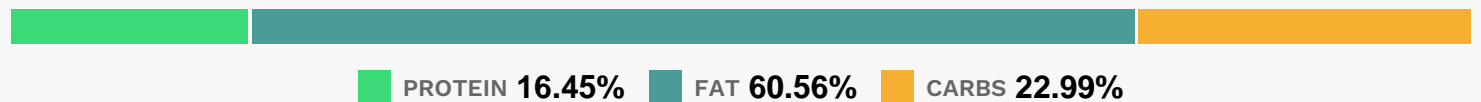
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 375F. Spray 9-inch glass pie plate with cooking spray.
- Place pie crust in pie plate as directed on box for One-Crust Filled Pie; flute edges.
- In 12-inch skillet, melt butter over medium-high heat. Cook asparagus and onion in butter 5 to 8 minutes, stirring occasionally, until asparagus is crisp-tender. Spoon vegetables into crust-lined plate. Top with roasted peppers and goat cheese.
- In large bowl, beat half-and-half, salt, pepper and eggs with whisk.
- Pour over ingredients in crust.
- Sprinkle with Parmesan cheese.
- Place pie plate on lowest oven rack; bake 35 to 45 minutes or until knife inserted in center comes out clean.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:12.024347906527%

Flavonoids

Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 332.86kcal (16.64%), Fat: 22.53g (34.67%), Saturated Fat: 11.37g (71.05%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 17.34g (6.3%), Sugar: 3.27g (3.63%), Cholesterol: 116.09mg (38.7%), Sodium: 762.5mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.53%), Phosphorus: 242.92mg (24.29%), Vitamin B2: 0.39mg (23.04%), Calcium: 217.55mg (21.75%), Selenium: 13.32µg (19.03%), Vitamin A: 936.82IU (18.74%), Vitamin K: 19.37µg (18.45%), Folate: 58.47µg (14.62%), Iron: 2.53mg (14.04%), Copper: 0.28mg (13.81%), Manganese: 0.27mg (13.5%), Vitamin B1: 0.18mg (11.94%), Vitamin C: 8.89mg (10.78%), Vitamin B6: 0.2mg (9.97%), Vitamin B5: 0.87mg (8.69%), Zinc: 1.25mg (8.36%), Fiber: 1.91g (7.64%), Vitamin B12: 0.43µg (7.1%), Vitamin B3: 1.38mg (6.92%), Potassium: 240.36mg (6.87%), Vitamin E: 1mg (6.68%), Magnesium: 26.35mg (6.59%), Vitamin D: 0.56µg (3.75%)