



WHATSheATE



Asparagus and Morel Quiche

READY IN



75 min.

SERVINGS



6

CALORIES



481 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup asparagus cut in 2-in. pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 tablespoon butter cold cut into chunks
- ☐ 3 large eggs
- ☐ 1 spring onion finely chopped
- ☐ 1 cup gruyere cheese shredded
- ☐ 1.5 cups half and half
- ☐ 0.5 ounce morel mushrooms dried
- ☐ 0.8 teaspoon salt

☐ 1.5 cups pastry flour whole-wheat all-purpose

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ springform pan

Directions

☐ In a food processor, whirl flour and butter until mixture looks like cornmeal.

☐ Add 1 egg and whirl until dough holds together. Press evenly over bottom and 1 1/4 in. up side of a 9-in. springform pan; chill.

☐ Preheat oven to 37

☐ Soak mushrooms in a small bowl with 1 cup hot water until softened, 15 to 20 minutes, swishing them around every so often. Gently squeeze out liquid.

☐ Cut in half lengthwise if large. Save liquid for another use.

☐ Blanch asparagus in a saucepan of boiling water until barely tender-crisp, about 45 seconds.

☐ Drain, transfer to a bowl of ice water, and cool.

☐ Drain and pat dry.

☐ In a bowl, whisk remaining 2 eggs to blend.

☐ Whisk in half-and-half, salt, and pepper.

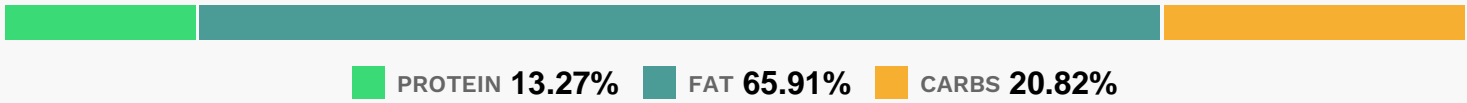
☐ Sprinkle gruyere and onion in prepared crust, then arrange asparagus and morels on top.

☐ Pour egg mixture over vegetables.

☐ Bake quiche on bottom rack until filling no longer jiggles when gently shaken, 40 to 45 minutes.

- ☐ Let cool in pan on a rack at least 30 minutes. Loosen quiche from pan rim with a knife, remove rim, and slice.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:17.977391263713%

Flavonoids

Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 481.42kcal (24.07%), Fat: 36.16g (55.64%), Saturated Fat: 21.33g (133.31%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 21.87g (7.95%), Sugar: 3.29g (3.65%), Cholesterol: 188.54mg (62.85%), Sodium: 672.1mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.76%), Manganese: 1.31mg (65.29%), Selenium: 32.16µg (45.94%), Phosphorus: 369.97mg (37%), Calcium: 325.47mg (32.55%), Vitamin A: 1333.22IU (26.66%), Vitamin B2: 0.39mg (22.86%), Vitamin K: 17.36µg (16.54%), Zinc: 2.4mg (15.98%), Magnesium: 62.8mg (15.7%), Fiber: 3.84g (15.36%), Vitamin B1: 0.23mg (15.2%), Iron: 2.4mg (13.35%), Vitamin B12: 0.73µg (12.15%), Vitamin B6: 0.24mg (11.93%), Copper: 0.21mg (10.73%), Folate: 42.8µg (10.7%), Vitamin E: 1.49mg (9.97%), Vitamin B5: 0.96mg (9.64%), Vitamin B3: 1.89mg (9.44%), Potassium: 309.3mg (8.84%), Vitamin D: 0.75µg (5.02%), Vitamin C: 2.17mg (2.63%)