



Asparagus and Mushroom Quiche

READY IN



60 min.

SERVINGS



6

CALORIES



1506 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup asparagus fresh chopped
- ☐ 5 slices bacon
- ☐ 1 egg white lightly beaten
- ☐ 2 eggs
- ☐ 0.3 cup feta cheese crumbled
- ☐ 6 servings ground pepper fresh
- ☐ 0.8 cup half-and-half cream
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion cut into 1/2-inch pieces

- ☐ 1 cup portabello mushrooms cut into 1-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 8 inch unbaked pie shell

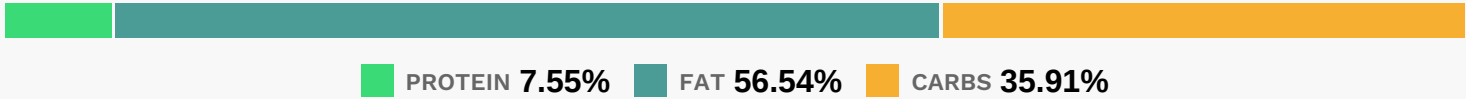
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cook bacon in a large skillet over medium heat until evenly brown and crisp.
- ☐ Drain on paper towels, crumble and set aside.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onions; cook and stir until translucent. Reduce the heat to medium and add the portobello mushrooms. Continue cooking until the mushrooms are tender. Set aside.
- ☐ Bring a saucepan of salted water to a boil over high heat. Cook asparagus in boiling water until just tender, 1 to 2 minutes. Immediately drain and run under cold water to cool.
- ☐ Brush the pie shell with the beaten egg white, if using.
- ☐ Place the onion and mushroom mixture, asparagus, and bacon into the bottom of the pie shell.
- ☐ Sprinkle the Cheddar and feta cheeses over the vegetables. In a small bowl, whisk together the eggs, cream, salt, and pepper until smooth.
- ☐ Pour this mixture over the vegetable and cheese filling.
- ☐ Bake uncovered for 35 to 40 minutes, or until firm and lightly browned on top.
- ☐ Let cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:27.577391386032%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 1505.51kcal (75.28%), Fat: 94.18g (144.9%), Saturated Fat: 31.9g (199.35%), Carbohydrates: 134.61g (44.87%), Net Carbohydrates: 127.06g (46.2%), Sugar: 2.67g (2.97%), Cholesterol: 101.64mg (33.88%), Sodium: 1650.14mg (71.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.58%), Manganese: 1.26mg (63.14%), Vitamin B1: 0.86mg (57.34%), Folate: 218.48µg (54.62%), Selenium: 34.87µg (49.81%), Vitamin B2: 0.81mg (47.36%), Vitamin B3: 8.94mg (44.68%), Iron: 7.94mg (44.11%), Phosphorus: 414.88mg (41.49%), Vitamin K: 32.78µg (31.22%), Fiber: 7.55g (30.18%), Calcium: 265.56mg (26.56%), Vitamin B5: 1.88mg (18.82%), Zinc: 2.81mg (18.76%), Vitamin E: 2.62mg (17.45%), Copper: 0.32mg (15.98%), Vitamin B6: 0.32mg (15.89%), Magnesium: 58.28mg (14.57%), Potassium: 497.4mg (14.21%), Vitamin A: 580.44IU (11.61%), Vitamin B12: 0.6µg (9.94%), Vitamin D: 0.55µg (3.65%), Vitamin C: 2.39mg (2.89%)