



Asparagus, Baby Artichoke, Pesto and Goat Cheese Quiche with Quinoa Crust



Gluten Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 pound asparagus cut into small pieces
- ☐ 4 baby artichokes
- ☐ 1 eggs
- ☐ 4 eggs
- ☐ 4 ounces goat cheese crumbled
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)

- ☐ 0.3 cup pesto
- ☐ 0.5 cup quinoa rinsed
- ☐ 1 cup water

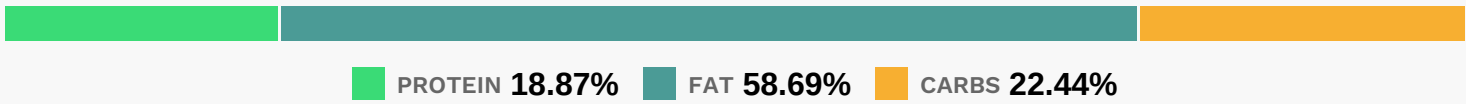
Equipment

- ☐ oven

Directions

- ☐ Bring the quinoa and water to a boil, reduce the heat, simmer, covered, until tender and most of the water has been absorbed, about 15 minutes, remove from heat and let sit covered for 5 minutes. Meanwhile, peel the leaves from the artichokes until you get to the paler tender inner leaves, cut the top third off and discard, quarter the artichoke hearts and set aside in lemon water.
- ☐ Mix the quinoa, egg and parmesan and press into the bottom of a pie plate.
- ☐ Bake in a preheated 375F oven until lightly golden brown, about 10 minutes. Meanwhile, saute or steam the artichoke hearts and asparagus until just tender and set aside.
- ☐ Mix the artichokes, asparagus, eggs, milk, pesto and goat cheese and pour into quinoa crust.
- ☐ Bake in a preheated 375F oven until golden brown and set in the center, about 30–35 minutes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:13.884347760159%

Flavonoids

Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 324.38kcal (16.22%), Fat: 21.71g (33.4%), Saturated Fat: 10.14g (63.4%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 13.62g (4.95%), Sugar: 3.09g (3.43%), Cholesterol: 171.44mg (57.15%), Sodium: 396.81mg

(17.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.41%), Vitamin A: 1788.87IU (35.78%), Phosphorus: 245.8mg (24.58%), Vitamin B2: 0.39mg (22.87%), Selenium: 15.39µg (21.99%), Fiber: 5.07g (20.26%), Iron: 3.5mg (19.43%), Manganese: 0.38mg (18.9%), Calcium: 168.34mg (16.83%), Folate: 66.31µg (16.58%), Copper: 0.33mg (16.48%), Vitamin K: 16.88µg (16.08%), Vitamin B6: 0.22mg (11.19%), Magnesium: 44.24mg (11.06%), Vitamin B5: 0.97mg (9.73%), Zinc: 1.46mg (9.71%), Vitamin B1: 0.14mg (9.24%), Vitamin E: 1.38mg (9.22%), Vitamin D: 1.15µg (7.65%), Vitamin B12: 0.44µg (7.4%), Potassium: 234.3mg (6.69%), Vitamin C: 3.37mg (4.08%), Vitamin B3: 0.72mg (3.59%)