



Basic Quiche

READY IN



20 min.

SERVINGS



4

CALORIES



610 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 teaspoon pepper black
- 4 eggs
- 1 cup parsley fresh chopped
- 0.1 teaspoon nutmeg
- 8 ounces gruyere cheese grated
- 0.8 cup half and half
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 pie crust dough frozen store-bought

2 medium onion diced yellow

Equipment

frying pan

baking sheet

oven

knife

whisk

aluminum foil

Directions

Heat oven to 375 F. In a large skillet, over medium-low heat, heat the oil.

Add the onions, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Cover and cook until the onions are softened, 5 to 7 minutes.

Add the parsley and cook, covered, for 2 minutes more. Meanwhile, whisk together the eggs and half-and-half. Stir in the Gruyere, nutmeg, the remaining salt and pepper, and the onion mixture.

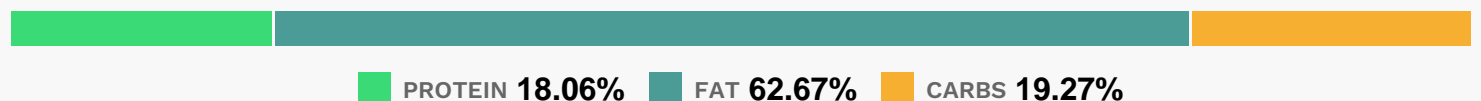
Place the piecrust on a foil-lined baking sheet. Scrape the egg mixture into the piecrust; it will be very full.

Bake until the filling is set and a knife inserted into the center comes out clean, about 40 minutes.

Let rest for 5 minutes.

Cut into wedges and serve. Tip: Tailor this quiche to your liking by stirring in a handful of chopped cooked ham or sauteed vegetables when you add the cheese.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:25.008260809857%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 610.05kcal (30.5%), Fat: 42.5g (65.39%), Saturated Fat: 19.3g (120.6%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 26.84g (9.76%), Sugar: 4.72g (5.24%), Cholesterol: 241.93mg (80.64%), Sodium: 1115.57mg (48.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.12%), Vitamin K: 254.09µg (241.99%), Calcium: 688.8mg (68.88%), Phosphorus: 529.03mg (52.9%), Vitamin A: 2202.29IU (44.05%), Selenium: 25.91µg (37.01%), Vitamin B2: 0.55mg (32.33%), Vitamin C: 24.43mg (29.61%), Vitamin B12: 1.38µg (23.08%), Zinc: 3.41mg (22.71%), Folate: 90.8µg (22.7%), Iron: 3.09mg (17.16%), Manganese: 0.34mg (17%), Vitamin B1: 0.22mg (14.72%), Vitamin B5: 1.43mg (14.28%), Magnesium: 50.16mg (12.54%), Vitamin B6: 0.25mg (12.25%), Potassium: 374.83mg (10.71%), Vitamin E: 1.56mg (10.4%), Fiber: 2.57g (10.27%), Vitamin D: 1.22µg (8.13%), Vitamin B3: 1.55mg (7.77%), Copper: 0.13mg (6.69%)