



Becky's Healthier Ham and Cheese Quiche

READY IN



80 min.

SERVINGS



6

CALORIES



506 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 pound ham lean fully cooked finely chopped
- ☐ 0.5 pound ham cubed cooked
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 cup egg substitute fat-free
- ☐ 1.3 cups egg substitute
- ☐ 7 fluid ounces evaporated milk fat-free
- ☐ 1 cup milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh minced

- ☐ 4 green onions chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 4 tablespoons parmesan cheese divided grated
- ☐ 0.3 cup part-skim mozzarella cheese shredded
- ☐ 6 sheets phyllo dough 18 inches x 14 inches
- ☐ 1 9-inch single pie crust prepared
- ☐ 0.3 cup swiss cheese shredded
- ☐ 1 tablespoon stick margarine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pie form

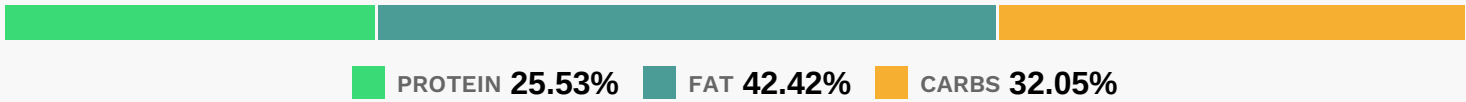
Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Unroll pie crust and press into an 8-inch pie dish.
- ☐ Heat olive oil in a skillet over medium heat; cook and stir green onions until wilted and beginning to brown, 2 to 3 minutes.
- ☐ Remove from heat.
- ☐ Spread ham over prepared pie crust and top with green onions.
- ☐ Whisk egg substitute, evaporated milk, and mozzarella cheese in a bowl.
- ☐ Pour over ham mixture.
- ☐ Sprinkle with Parmesan cheese and garnish with chives.
- ☐ Bake in preheated oven for 20 minutes. Increase heat to 350 degrees F (175 degrees C) and continue baking until quiche is browned, 15 to 20 minutes.

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Remove from oven and allow quiche to rest until eggs are set, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.04, Glycemic Load:5.84, Inflammation Score:-7, Nutrition Score:26.074782744698%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 505.68kcal (25.28%), Fat: 23.61g (36.33%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 38.44g (13.98%), Sugar: 7.98g (8.87%), Cholesterol: 61.33mg (20.44%), Sodium: 1287.43mg (55.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.94%), Selenium: 61.26µg (87.51%), Vitamin B2: 0.86mg (50.33%), Phosphorus: 481.08mg (48.11%), Vitamin B1: 0.71mg (47.61%), Vitamin K: 43.61µg (41.53%), Calcium: 369.43mg (36.94%), Vitamin B12: 1.61µg (26.85%), Vitamin B5: 2.61mg (26.14%), Iron: 4.39mg (24.4%), Zinc: 3.51mg (23.4%), Vitamin B3: 4.45mg (22.25%), Vitamin C: 17.6mg (21.33%), Folate: 77.32µg (19.33%), Potassium: 630.41mg (18.01%), Vitamin B6: 0.35mg (17.62%), Manganese: 0.35mg (17.52%), Vitamin E: 2.16mg (14.39%), Vitamin A: 716.43IU (14.33%), Magnesium: 55.95mg (13.99%), Vitamin D: 1.96µg (13.1%), Copper: 0.16mg (8.16%), Fiber: 1.72g (6.87%)