



## Better-Than-Ever Quiche

READY IN



50 min.

SERVINGS



6

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 4 egg whites
- 2 muffins whole wheat split english
- 1 cup milk fat-free
- 1 Tbsp flour
- 1 green onion sliced
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 2 slices oscar mayer turkey bacon crumbled cooked

1 eggs whole

## Equipment

bowl

oven

knife

whisk

## Directions

Preheat oven to 350F.

Cut each muffin half crosswise in half.

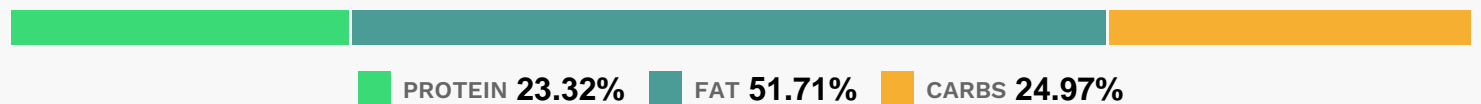
Brush with dressing; set aside. Beat whole egg, mayo and flour in large bowl with wire whisk until well blended.

Add egg whites, then milk, cheese, turkey bacon and onion, mixing until well blended after each addition.

Pour into 9-inch pie plate sprayed with cooking spray. Arrange muffin pieces around edge of plate, with rounded sides facing out to form a scalloped edge.

Bake 30 to 35 min. or until puffed and knife inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:27.88, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:9.4160869212254%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 207.17kcal (10.36%), Fat: 11.99g (18.45%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.67g (4.24%), Sugar: 4.74g (5.27%), Cholesterol: 53.4mg (17.8%), Sodium: 485.51mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Selenium: 22.04µg (31.48%), Calcium: 246.15mg

(24.62%), Phosphorus: 226.74mg (22.67%), Manganese: 0.36mg (18.07%), Vitamin B2: 0.3mg (17.85%), Vitamin K: 12.9µg (12.28%), Zinc: 1.45mg (9.65%), Vitamin B12: 0.54µg (8.94%), Magnesium: 29.01mg (7.25%), Vitamin B1: 0.1mg (6.97%), Vitamin A: 340.8IU (6.82%), Folate: 22.69µg (5.67%), Potassium: 197.61mg (5.65%), Fiber: 1.36g (5.44%), Vitamin B5: 0.52mg (5.18%), Vitamin B6: 0.1mg (5.06%), Vitamin B3: 0.99mg (4.94%), Vitamin D: 0.73µg (4.85%), Iron: 0.85mg (4.73%), Vitamin E: 0.67mg (4.45%), Copper: 0.07mg (3.52%)