



Bread Crust Zucchini Quiche

READY IN



60 min.

SERVINGS



6

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 2 eggs beaten
- ☐ 1 cup curd cottage cheese low-fat
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.8 cup nonfat yogurt plain
- ☐ 1 large tomatoes chopped
- ☐ 3 slices bread whole wheat
- ☐ 2 tablespoons flour whole wheat

☐ 2 cups zucchini sliced

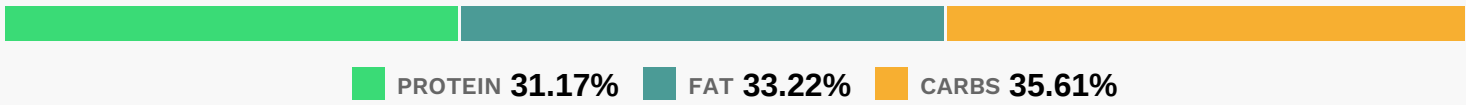
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cut bread slices in half diagonally, and arrange around edge of 9-inch pie plate.
- ☐ In a medium skillet, melt butter and saute zucchini until tender, about 3–5 minutes.
- ☐ Add tomato and oregano, and cook for 3 minutes. Stir in the flour, and spoon mixture into center of the bread-lined pie plate.
- ☐ In a bowl, mix the cottage cheese, eggs, yogurt, and 1/2 the Parmesan cheese. Spoon this mixture over the vegetables in the pie plate, and sprinkle with remaining Parmesan cheese.
- ☐ Bake 30 minutes in the preheated oven, until firm in center.

Nutrition Facts



Properties

Glycemic Index:29.62, Glycemic Load:4.07, Inflammation Score:-7, Nutrition Score:10.760869554851%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 162.23kcal (8.11%), Fat: 6.04g (9.3%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 12.57g (4.57%), Sugar: 5.91g (6.56%), Cholesterol: 66.53mg (22.18%), Sodium: 377.51mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.52%), Manganese: 0.53mg (26.48%), Selenium: 16.11µg (23.02%), Phosphorus: 224.87mg (22.49%), Calcium: 180.39mg (18.04%), Vitamin B2: 0.29mg (17.31%), Vitamin C: 11.84mg (14.35%), Vitamin A: 544.8IU (10.9%), Vitamin B12: 0.63µg (10.56%), Potassium: 368.95mg

(10.54%), Vitamin B6: 0.21mg (10.31%), Folate: 37.66µg (9.41%), Magnesium: 37.11mg (9.28%), Zinc: 1.37mg (9.15%), Vitamin B1: 0.13mg (8.46%), Fiber: 2.01g (8.03%), Vitamin B5: 0.75mg (7.47%), Vitamin K: 7.78µg (7.41%), Iron: 1.16mg (6.46%), Vitamin B3: 1.22mg (6.1%), Copper: 0.11mg (5.55%), Vitamin E: 0.61mg (4.04%), Vitamin D: 0.32µg (2.14%)