



Broccoli-and-Cheddar Mini Quiches

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 cups broccoli florets
- 1 cup cheddar grated
- 2 large eggs plus egg yolks
- 0.3 teaspoon ground nutmeg
- 1 cup heavy cream
- 1 cup milk (do not use skim)
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- knife
- whisk
- pot
- aluminum foil
- muffin liners
- muffin tray
- steamer basket

Directions

- Preheat oven to 350F and line a large rimmed baking sheet with foil. Grease 8 cups in a 12-cup muffin tin and set aside.
- Pour 1 inch of water into a large saucepan and put in a steamer basket.
- Place broccoli in steamer basket, cover pot, turn heat to high and let cook until broccoli is just tender, 5 to 6 minutes.
- Let broccoli cool slightly, then chop into small pieces.
- In a medium bowl, whisk together milk, cream, eggs and egg yolks. Stir in cheese, salt, pepper and nutmeg.
- Add chopped broccoli.
- Put muffin tin on baking sheet, then ladle egg mixture into prepared muffin cups, filling each cup.
- Bake until lightly browned and no longer jiggly in center, about 25 minutes.
- Let cool slightly, then run a knife around each quiche. Put a clean baking sheet on top of muffin pan and invert to unmold quiches.

Serve warm or at room temperature.

Nutrition Facts

PROTEIN 12.73% **FAT 78.63%** **CARBS 8.64%**

Properties

Glycemic Index:49.75, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:16.081739125044%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 398.28kcal (19.91%), Fat: 35.51g (54.63%), Saturated Fat: 21.14g (132.14%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 7.5g (2.73%), Sugar: 5.62g (6.25%), Cholesterol: 194.6mg (64.87%), Sodium: 533.85mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.88%), Vitamin C: 40.95mg (49.63%), Vitamin K: 49.64µg (47.28%), Calcium: 347.89mg (34.79%), Vitamin A: 1664.07IU (33.28%), Phosphorus: 289.35mg (28.93%), Vitamin B2: 0.42mg (24.66%), Selenium: 16.85µg (24.07%), Vitamin D: 2.25µg (15.01%), Vitamin B12: 0.89µg (14.83%), Folate: 49.53µg (12.38%), Zinc: 1.82mg (12.12%), Vitamin B5: 1.01mg (10.14%), Vitamin B6: 0.19mg (9.39%), Potassium: 326.64mg (9.33%), Vitamin E: 1.37mg (9.11%), Magnesium: 29.76mg (7.44%), Manganese: 0.14mg (7.12%), Vitamin B1: 0.1mg (6.81%), Fiber: 1.27g (5.09%), Iron: 0.7mg (3.89%), Copper: 0.05mg (2.51%), Vitamin B3: 0.41mg (2.07%)