



 **58%**
HEALTH SCORE

Broccoli and Cheddar Quiche

READY IN



60 min.

SERVINGS



1

CALORIES



2475 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 9-inch deep-dish pie crust frozen ()
- 5 eggs
- 1 cup mushrooms fresh sliced
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup milk
- 1 cup onions and broccoli chopped
- 1 cup sharp cheddar cheese shredded kraft

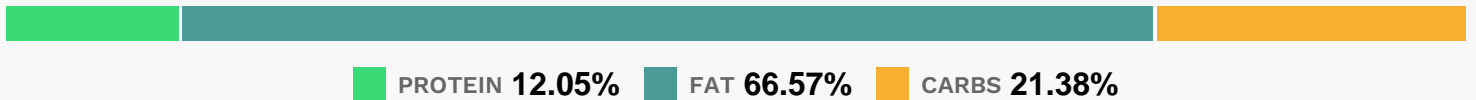
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Heat oven to 375F.
- Cook vegetables in skillet sprayed with cooking spray on medium heat 5 min. or until crisp-tender, stirring occasionally.
- Remove from heat.
- Beat eggs, mayo and milk in medium bowl with whisk until blended. Stir in vegetables and cheese; pour into pie crust.
- Place on baking sheet.
- Bake 40 to 45 min. or until center of quiche is set and top is golden brown.
- Let stand 10 min. before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:174, Glycemic Load:6.4, Inflammation Score:-10, Nutrition Score:58.835217351499%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 2474.97kcal (123.75%), Fat: 183.23g (281.9%), Saturated Fat: 57.32g (358.23%), Carbohydrates: 132.38g (44.13%), Net Carbohydrates: 125.54g (45.65%), Sugar: 14.21g (15.79%), Cholesterol: 972.52mg (324.17%), Sodium:

2365.44mg (102.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.64g (149.27%), Selenium: 122.68µg (175.26%), Vitamin K: 159.86µg (152.25%), Vitamin B2: 2.38mg (140.14%), Phosphorus: 1333.61mg (133.36%), Calcium: 1113mg (111.3%), Folate: 351.6µg (87.9%), Manganese: 1.41mg (70.43%), Vitamin B5: 6.72mg (67.19%), Vitamin B12: 3.72µg (62.05%), Zinc: 9.24mg (61.61%), Vitamin E: 8.49mg (56.61%), Iron: 10.11mg (56.17%), Vitamin B1: 0.84mg (55.88%), Vitamin A: 2503.75IU (50.08%), Vitamin B3: 9.61mg (48.05%), Vitamin B6: 0.91mg (45.28%), Vitamin D: 6.31µg (42.09%), Copper: 0.76mg (37.85%), Potassium: 1272.08mg (36.35%), Magnesium: 125.96mg (31.49%), Fiber: 6.84g (27.38%), Vitamin C: 13.86mg (16.8%)