



Broccoli and Cheddar Quiche

READY IN



70 min.

SERVINGS



8

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 cups broccoli finely chopped
- ☐ 19-inch deep dish pie crust prepared ()
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 eggs
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded

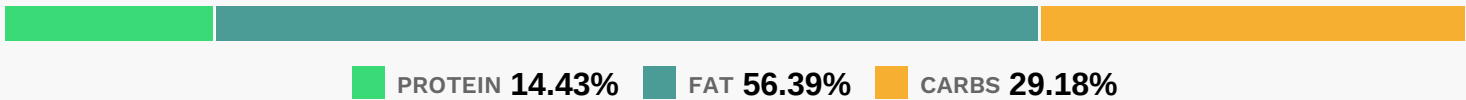
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- ☐ Place pie crust into a 9-inch deep pie dish and prick crust all over with a fork; brush with oil.
- ☐ Place crust onto prepared baking sheet.
- ☐ Bake crust in the preheated oven for 8 minutes.
- ☐ Place broccoli into a bowl and microwave on high until broccoli is bright green and slightly tender, about 4 minutes.
- ☐ Whisk eggs, milk, Dijon mustard, oregano, salt, pepper, and thyme in a bowl; stir broccoli into egg mixture.
- ☐ Pour mixture into crust and sprinkle quiche with Cheddar and Parmesan cheeses.
- ☐ Bake until a knife inserted into the middle of the quiche comes out clean, about 40 minutes.
- ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:9.3434783168461%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 224.41kcal (11.22%), Fat: 14.14g (21.75%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.27g (5.55%), Sugar: 1.25g (1.39%), Cholesterol: 93.45mg (31.15%), Sodium: 410.97mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Vitamin K: 29.77µg (28.35%), Vitamin C: 19.67mg (23.84%), Selenium: 12.61µg (18.02%), Phosphorus: 147.47mg (14.75%), Vitamin B2: 0.23mg (13.68%), Calcium: 131.35mg (13.13%), Folate: 48.53µg (12.13%), Manganese: 0.22mg (11.22%), Iron: 1.42mg (7.87%), Vitamin A: 386.66IU (7.73%), Vitamin B1: 0.1mg (6.96%), Vitamin B5: 0.67mg (6.7%), Vitamin B12: 0.4µg (6.59%), Zinc: 0.98mg (6.56%), Vitamin E: 0.89mg (5.91%), Vitamin B6: 0.11mg (5.52%), Potassium: 166.98mg (4.77%), Fiber: 1.19g (4.77%), Vitamin B3: 0.91mg (4.56%), Magnesium: 18.15mg (4.54%), Vitamin D: 0.67µg (4.44%), Copper: 0.06mg (2.86%)