



Broccoli-Cheddar Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 4 eggs
- 1.5 cups half-and-half
- 1 ready-to-use pie crust refrigerated
- 1.5 cups cheddar cheese shredded kraft

Equipment

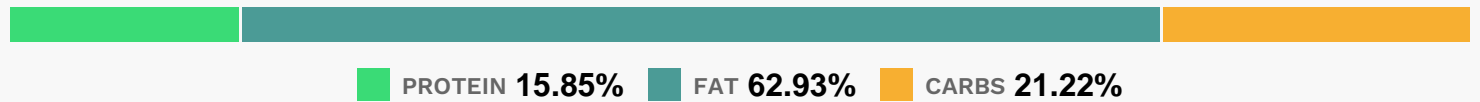
- oven
- knife

whisk

Directions

- Heat oven to 375F.
- Line 9-inch pie plate with pie crust; flute edge of crust.
- Sprinkle half the cheese evenly onto bottom of crust; top with broccoli and remaining cheese.
- Beat eggs and half-and-half with whisk until blended; pour over ingredients in crust.
- Bake 40 to 45 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before cutting into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:12.442608625992%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 286.51kcal (14.33%), Fat: 20.19g (31.05%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.86g (5.04%), Sugar: 2.63g (2.92%), Cholesterol: 118.91mg (39.64%), Sodium: 296.09mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.87%), Vitamin C: 32.02mg (38.81%), Vitamin K: 38.86µg (37.01%), Selenium: 16.3µg (23.28%), Calcium: 231.36mg (23.14%), Phosphorus: 222.39mg (22.24%), Vitamin B2: 0.36mg (21.15%), Vitamin A: 712.71IU (14.25%), Folate: 53.35µg (13.34%), Zinc: 1.48mg (9.86%), Manganese: 0.18mg (8.85%), Vitamin B5: 0.85mg (8.45%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.11mg (7.48%), Vitamin B6: 0.15mg (7.37%), Iron: 1.25mg (6.96%), Potassium: 239.16mg (6.83%), Magnesium: 23.53mg (5.88%), Vitamin E: 0.88mg (5.85%), Fiber: 1.45g (5.81%), Vitamin B3: 0.88mg (4.39%), Vitamin D: 0.57µg (3.78%), Copper: 0.06mg (3.01%)