



Broccoli & Cheddar Quiche

READY IN



55 min.

SERVINGS



55

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 9-inch deep-dish pie crust frozen ()
- 5 eggs
- 1 cup mushrooms fresh sliced
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 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, dressing and milk in medium bowl with whisk until blended. Stir in vegetable mixture 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:2.25, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.1295652311781%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 37.07kcal (1.85%), Fat: 2.36g (3.63%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.41g (0.46%), Cholesterol: 17.25mg (5.75%), Sodium: 46.57mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Selenium: 2.2µg (3.14%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 24.04mg (2.4%), Calcium: 20.22mg (2.02%), Folate: 6.32µg (1.58%), Manganese: 0.03mg

(1.28%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.11%), Vitamin B12: 0.07µg (1.1%), Iron: 0.18mg (1.02%), Vitamin B1: 0.02mg (1.01%)