



Broccoli Garlic Quiche

READY IN



300 min.

SERVINGS



6

CALORIES



396 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 ounces broccoli florets with 1 to 2 inches of stem attached) (1-inch-wide)
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cups sharp cheddar cheese extra-sharp grated
- ☐ 6 large eggs
- ☐ 2 large garlic clove
- ☐ 1.5 cups half and half
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 0.3 cup parmesan grated
- ☐ 6 servings pastry crust

Equipment

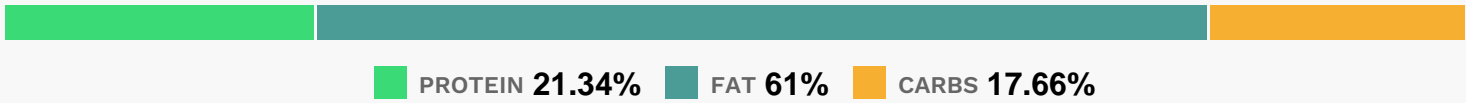
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round. Fit dough into pie plate, letting excess hang over edge. Fold overhang inward and press against side of pie plate to reinforce edge. Prick bottom all over with a fork. Chill until firm, about 30 minutes.
- ☐ Line pie shell with foil and fill with pie weights.
- ☐ Bake until pastry is set and edge is pale golden, 20 to 25 minutes.
- ☐ Carefully remove foil and weights, then bake shell until deep golden all over, 15 to 20 minutes more. Put pie plate in a 4-sided sheet pan. Leave oven on.
- ☐ While shell bakes, cook broccoli in a 3-quart pot of boiling salted water 4 minutes.
- ☐ Drain broccoli and rinse under cold water to stop cooking, then pat dry.
- ☐ Mince and mash garlic to a paste with a generous pinch of salt.
- ☐ Whisk together garlic paste, eggs, half-and-half, nutmeg, cayenne, and 1/4 teaspoon salt in a large bowl until smooth.
- ☐ Pour filling into pie shell and add broccoli, then sprinkle with cheeses.
- ☐ Bake quiche until custard is just set, 45 to 50 minutes. (Center will tremble slightly; filling will continue to set as it cools.) Cool at least 20 minutes.
- ☐ Serve quiche warm or at room temperature.

Quiche can be baked 1 day ahead and chilled. Reheat, uncovered, in a 325°F oven, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:4.67, Inflammation Score:-7, Nutrition Score:20.346521771472%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 395.84kcal (19.79%), Fat: 26.96g (41.48%), Saturated Fat: 14.09g (88.08%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.91g (5.79%), Sugar: 3.72g (4.13%), Cholesterol: 247.68mg (82.56%), Sodium: 528.57mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin C: 43.07mg (52.2%), Selenium: 34.64µg (49.49%), Vitamin K: 50.66µg (48.25%), Calcium: 434.76mg (43.48%), Phosphorus: 405.29mg (40.53%), Vitamin B2: 0.65mg (38.11%), Vitamin A: 1223.34IU (24.47%), Folate: 80.19µg (20.05%), Zinc: 2.68mg (17.87%), Vitamin B12: 1.01µg (16.82%), Vitamin B5: 1.45mg (14.5%), Vitamin B1: 0.19mg (12.64%), Vitamin B6: 0.25mg (12.4%), Manganese: 0.23mg (11.48%), Iron: 1.98mg (11%), Potassium: 351.04mg (10.03%), Magnesium: 37.35mg (9.34%), Vitamin E: 1.38mg (9.18%), Vitamin D: 1.25µg (8.31%), Fiber: 1.65g (6.6%), Vitamin B3: 1.23mg (6.13%), Copper: 0.1mg (5.09%)