

Broccoli Hash Brown Quiche

 **Gluten Free**

READY IN



70 min.

SERVINGS



6

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1.5 cups broccoli frozen thawed
- 4 ounces monterrey jack cheese shredded
- 4 eggs
- 3 cups hash browns shredded frozen thawed
- 0.5 teaspoon salt
- 8 ounces cream sour

Equipment

- bowl

oven

knife

Directions

Press the hash browns onto the bottom and up the sides of a greased 9-in. pie plate, forming a shell.

Sprinkle with broccoli.

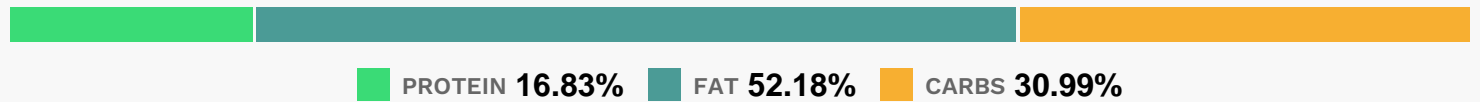
In a bowl, beat the eggs, sour cream and salt; stir in cheese.

Pour over broccoli.

Bake at 350° for 55–65 minutes or until a knife inserted near the center comes out clean.

Let stand for 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:5.63, Inflammation Score:-5, Nutrition Score:12.516956515934%

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: 280.87kcal (14.04%), Fat: 16.58g (25.51%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 20.11g (7.31%), Sugar: 1.87g (2.07%), Cholesterol: 148.24mg (49.41%), Sodium: 390.92mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Vitamin C: 28.57mg (34.64%), Phosphorus: 234.59mg (23.46%), Vitamin K: 23.57µg (22.45%), Calcium: 216.56mg (21.66%), Selenium: 14.01µg (20.01%), Vitamin B2: 0.31mg (18.34%), Vitamin A: 676.29IU (13.53%), Potassium: 471.85mg (13.48%), Vitamin B5: 1.08mg (10.82%), Manganese: 0.21mg (10.72%), Vitamin B6: 0.21mg (10.51%), Iron: 1.87mg (10.37%), Vitamin B3: 1.96mg (9.81%), Folate: 37.52µg (9.38%), Vitamin B1: 0.14mg (9.31%), Zinc: 1.38mg (9.21%), Vitamin B12: 0.5µg (8.29%), Fiber: 2.04g (8.17%), Copper: 0.15mg (7.44%), Magnesium: 28.58mg (7.14%), Vitamin D: 0.7µg (4.67%), Vitamin E: 0.67mg (4.48%)