



Broccoli Quiche Muffins

READY IN



30 min.

SERVINGS



18

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 3 cups broccoli frozen thawed drained chopped
- 0.5 cup finely-chopped ham diced fully cooked
- 1 teaspoon parsley dried
- 0.3 teaspoon thyme dried
- 6 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon garlic powder
- 1 medium onion chopped

- 1 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon salt
- 0.5 cup vegetable oil

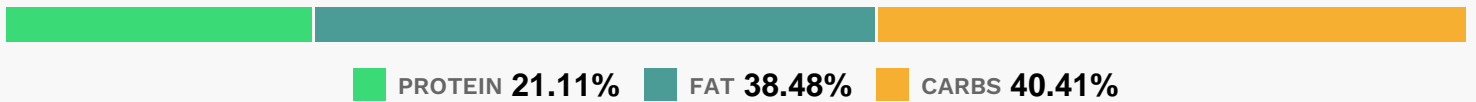
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Combine the broccoli, onion, ham and cheese; set aside. In a bowl, beat eggs until frothy.
- Add oil; mix well.
- Combine dry ingredients; add to the egg mixture just until moistened. Fold in broccoli mixture.
- Fill greased muffin cups two-thirds full.
- Bake at 375° for 18–22 minutes or until muffins test done. Cool for 10 minutes; remove from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.11, Glycemic Load:5.28, Inflammation Score:-4, Nutrition Score:6.0099999541822%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 87.92kcal (4.4%), Fat: 3.77g (5.81%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.14g (2.96%), Sugar: 0.59g (0.66%), Cholesterol: 59.27mg (19.76%), Sodium: 214mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin K: 18.33µg (17.46%), Vitamin C: 14.28mg (17.31%), Selenium: 9.45µg (13.51%), Phosphorus: 91.64mg (9.16%), Vitamin B2: 0.15mg (8.62%), Folate: 33.77µg (8.44%), Calcium: 83.88mg (8.39%), Vitamin B1: 0.11mg (7.01%), Manganese: 0.11mg (5.68%), Iron: 0.95mg (5.3%), Vitamin A: 197.25IU (3.94%), Vitamin B5: 0.39mg (3.92%), Vitamin B3: 0.74mg (3.72%), Vitamin B6: 0.07mg (3.7%), Vitamin B12: 0.21µg (3.54%), Zinc: 0.52mg (3.44%), Fiber: 0.78g (3.11%), Potassium: 101.03mg (2.89%), Vitamin E: 0.41mg (2.73%), Magnesium: 9.56mg (2.39%), Vitamin D: 0.31µg (2.05%), Copper: 0.04mg (1.92%)