



Broccoli Quiche with Mashed Potato Crust

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 cups broccoli fresh chopped
- 3 eggs
- 0.3 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper black
- 1 cup milk
- 1 tablespoon olive oil
- 0.5 onion chopped
- 2 large potatoes peeled

- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

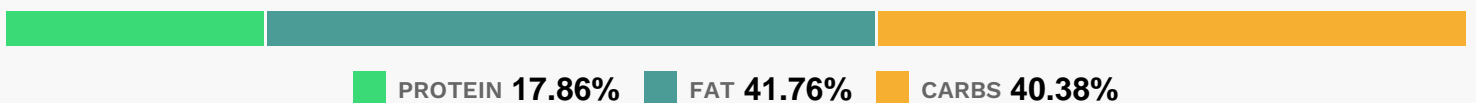
Equipment

- oven
- whisk
- pot
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender but still firm, about 15 minutes; drain. Meanwhile, place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.
- Drain and set aside.
- Mash the potatoes with milk and salt.
- Brush a deep 9 inch pie dish with olive oil and press the potatoes in.
- Brush with remaining olive oil.
- Bake in preheated oven for 30 minutes or until lightly browned.
- Arrange onions, broccoli and cheese in the potato crust.
- Whisk together the eggs, milk, salt, pepper and nutmeg.
- Pour over broccoli and cheese.
- Bake in preheated oven for 30 to 40 minutes, until slightly puffed and cooked throughout. Allow to cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:17.18, Inflammation Score:-6, Nutrition Score:16.385217293449%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 262.53kcal (13.13%), Fat: 12.39g (19.07%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 23.27g (8.46%), Sugar: 3.97g (4.41%), Cholesterol: 105.55mg (35.18%), Sodium: 381.17mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Vitamin C: 51.08mg (61.91%), Vitamin K: 34.61µg (32.96%), Phosphorus: 263.46mg (26.35%), Vitamin B6: 0.5mg (25.05%), Calcium: 227.18mg (22.72%), Potassium: 732.34mg (20.92%), Selenium: 14.01µg (20.02%), Vitamin B2: 0.32mg (18.6%), Manganese: 0.3mg (14.77%), Fiber: 3.68g (14.74%), Folate: 54.29µg (13.57%), Magnesium: 48.41mg (12.1%), Vitamin A: 559.78IU (11.2%), Vitamin B5: 1.11mg (11.12%), Zinc: 1.64mg (10.92%), Vitamin B1: 0.16mg (10.73%), Vitamin B12: 0.62µg (10.25%), Iron: 1.64mg (9.12%), Copper: 0.18mg (8.82%), Vitamin B3: 1.57mg (7.83%), Vitamin D: 1µg (6.67%), Vitamin E: 0.97mg (6.49%)