



Brunch Quiche Pizza

READY IN



55 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cup asparagus fresh
- ☐ 3.5 oz canadian bacon sliced cut into strips
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 6 oz cheddar cheese shredded
- ☐ 8 oz cream sour
- ☐ 0.5 cup vegetable oil

☐ 3 tablespoons water cold

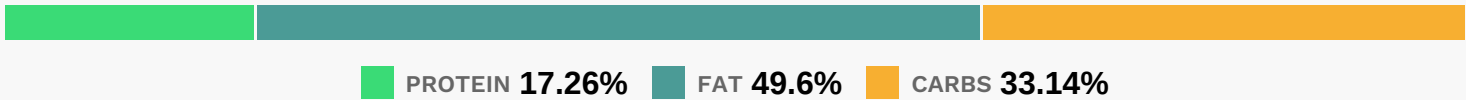
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pizza pan

Directions

- ☐ Heat oven to 425F. In medium bowl, mix flour, salt and oil with fork until all flour is moistened.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed. Gather pastry into a ball. Press in ungreased 12-inch pizza pan, building up edge.
- ☐ Bake 14 minutes.
- ☐ Sprinkle cheese, bacon and asparagus evenly over baked crust. In medium bowl, beat eggs slightly with fork or wire whisk.
- ☐ Add sour cream and onions; beat until well blended. Spoon egg mixture evenly over pizza.
- ☐ Bake 20 to 25 minutes or until knife inserted in center comes out clean and edge is golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:17.61, Inflammation Score:-6, Nutrition Score:13.633913091991%

Flavonoids

Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 330.97kcal (16.55%), Fat: 18.24g (28.06%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 25.83g (9.39%), Sugar: 1.85g (2.05%), Cholesterol: 105.57mg (35.19%), Sodium: 357.88mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.55%), Selenium: 26.61µg (38.01%), Vitamin B1: 0.41mg (27.04%), Vitamin B2: 0.44mg (25.94%), Phosphorus: 233.46mg (23.35%), Folate: 89.98µg (22.5%), Vitamin K: 23.13µg (22.03%), Calcium: 203.21mg (20.32%), Vitamin B3: 3mg (15.02%), Vitamin A: 746.98IU (14.94%), Iron: 2.62mg (14.54%), Manganese: 0.28mg (14.07%), Zinc: 1.67mg (11.1%), Vitamin B12: 0.51µg (8.58%), Vitamin B6: 0.15mg (7.39%), Vitamin E: 1.09mg (7.3%), Vitamin B5: 0.73mg (7.3%), Copper: 0.14mg (7%), Potassium: 222.51mg (6.36%), Fiber: 1.59g (6.34%), Magnesium: 24.59mg (6.15%), Vitamin D: 0.8µg (5.37%), Vitamin C: 2.41mg (2.93%)