



Cajun Quiche in a Rice Crust

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.7 cup andouille sausage chopped
- ☐ 0.5 cup bell pepper red
- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.5 cup celery
- ☐ 2 cups rice long-grain white cooled cooked
- ☐ 1 large eggs
- ☐ 0.8 cup egg substitute
- ☐ 2 large egg whites

- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 teaspoon garlic powder
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 0.5 cup onion
- ☐ 1 teaspoon onion powder
- ☐ 0.3 teaspoon hot sauce hot (such as Tabasco)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 37
- ☐ To prepare crust, combine rice, garlic powder, onion powder, 1/2 teaspoon salt, and 1 egg.
- ☐ Spread mixture into the bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Sprinkle bottom of crust evenly with 1/4 cup shredded cheddar cheese.
- ☐ To prepare filling, heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and the next 4 ingredients (through sausage); saut 5 minutes. Spoon mixture evenly into prepared rice crust.
- ☐ Combine the egg substitute, fat-free yogurt, salt, hot pepper sauce, and egg whites; stir with a whisk until well blended.
- ☐ Pour egg substitute mixture over sausage mixture.
- ☐ Sprinkle with 1/4 cup shredded cheddar cheese.
- ☐ Bake at 375 for 30 minutes or until the center is set.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:24.75, Inflammation Score:-7, Nutrition Score:16.207825992418%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 320.43kcal (16.02%), Fat: 12.8g (19.7%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 28.54g (10.38%), Sugar: 4.61g (5.12%), Cholesterol: 82.21mg (27.4%), Sodium: 966.92mg (42.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.29%), Selenium: 41.99µg (59.98%), Vitamin C: 26.78mg (32.46%), Vitamin B2: 0.47mg (27.41%), Manganese: 0.48mg (23.99%), Phosphorus: 231.02mg (23.1%), Vitamin B6: 0.36mg (18.15%), Vitamin B5: 1.81mg (18.06%), Vitamin A: 841.41IU (16.83%), Zinc: 2.39mg (15.96%), Vitamin B3: 3.1mg (15.52%), Vitamin B1: 0.21mg (14.31%), Potassium: 466.88mg (13.34%), Vitamin B12: 0.79µg (13.23%), Calcium: 128.36mg (12.84%), Iron: 2.03mg (11.29%), Vitamin E: 1.58mg (10.52%), Vitamin D: 1.53µg (10.19%), Magnesium: 37mg (9.25%), Folate: 36.75µg (9.19%), Copper: 0.14mg (6.77%), Fiber: 1.42g (5.68%), Vitamin K: 4.94µg (4.71%)