



## Caramelised Onion and Mushroom Quiche

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 pie crust dough
- 1 tablespoon olive oil
- 2 onion white sliced finely
- 3 cloves garlic sliced finely
- 0.5 teaspoon pepper dried
- 1 box mushrooms thick sliced
- 1 box mushrooms thick sliced
- 1 teaspoon thyme dried
- 2 eggs

- 0.8 cup half and half
- 100 grams havarti cheese grated
- 4 servings salt and pepper to taste

## Equipment

- bowl
- oven

## Directions

- Heat the oven to 400F. Dock the pie shell with a fork and bake for 10 to 15 minutes until lightly golden.
- In the meantime, heat the olive oil.
- Add the onions along with the garlic and chilli flakes and cook on high until the onion caramelise (about ten minutes).
- Now add the mushrooms and continue to cook on high so the mushrooms caramelise as well, about five minutes. Take off the fire, add the thyme and salt and pepper to taste.
- Beat the eggs in a large bowl with the cream and half the quantity of cheese.
- Add the onion-mushroom mixture and mix well.
- Place the pie shell on a cookie tray to catch any spillage.
- Pour the filling into the pie shell. Top the quiche with the remaining cheese.
- Drop the temperature to 375F and cook until the filling is set and golden.
- Serve when still warm from the oven.

## Nutrition Facts



**PROTEIN 12.78%** **FAT 60.03%** **CARBS 27.19%**

## Properties

Glycemic Index:30.25, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:11.579130434783%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

## Taste

Sweetness: 40.24%, Saltiness: 42.73%, Sourness: 9.32%, Bitterness: 5.7%, Savoriness: 26.58%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 428.25kcal (21.41%), Fat: 28.71g (44.17%), Saturated Fat: 12.19g (76.2%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 27.03g (9.83%), Sugar: 4.34g (4.82%), Cholesterol: 119.72mg (39.91%), Sodium: 622.2mg (27.05%), Protein: 13.76g (27.51%), Phosphorus: 270.84mg (27.08%), Calcium: 243.14mg (24.31%), Vitamin B2: 0.37mg (21.53%), Selenium: 13.46µg (19.23%), Manganese: 0.34mg (17.12%), Folate: 67.81µg (16.95%), Vitamin B1: 0.18mg (12.26%), Zinc: 1.8mg (12.01%), Iron: 2.08mg (11.57%), Vitamin A: 563.03IU (11.26%), Vitamin B12: 0.63µg (10.45%), Vitamin B6: 0.2mg (10.24%), Vitamin K: 10.67µg (10.17%), Vitamin E: 1.34mg (8.94%), Fiber: 2.23g (8.92%), Vitamin B5: 0.82mg (8.16%), Potassium: 246.15mg (7.03%), Vitamin B3: 1.38mg (6.89%), Magnesium: 27.31mg (6.83%), Vitamin C: 5.44mg (6.6%), Copper: 0.11mg (5.39%), Vitamin D: 0.51µg (3.38%)