



Cauliflower and Ham Crustless Quiche

READY IN



130 min.

SERVINGS



8

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 head cauliflower cut into bite-size florets
- ☐ 4 ounces deli ham boiled cut in 1/4-inch cubes
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese finely grated
- ☐ 4 ounces swiss cheese grated
- ☐ 2 tablespoons butter unsalted softened
- ☐ 1 cup onion white chopped

Equipment

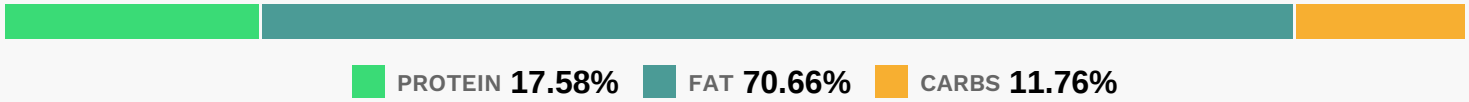
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ measuring cup
- ☐ colander
- ☐ ceramic pie form

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add cauliflower florets and cook until very crisp tender, about 1 minute.
- ☐ Drain in colander and rinse with cold water. Shake off excess liquid.
- ☐ Heat the oil in a large skillet, over medium-high heat.
- ☐ Add the ham and the onions and cook until lightly brown, about 6 minutes.
- ☐ Add cauliflower and parsley and set aside to cool slightly.
- ☐ Brush a 9-inch glass or ceramic pie pan with the soft butter and evenly sprinkle the bottom of the pan with the grated parmesan
- ☐ Place pan on a baking sheet.
- ☐ Whisk the half-and-half, eggs, egg yolks and flour in large glass measuring cup. Season with salt and pepper, to taste.

- ☐
- Spread half the cauliflower mixture evenly in the pan, top with about half the cheese; repeat with remaining filling and cheese.
- ☐
- Pour the custard over the fillings.
- ☐
- Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:10.801739205485%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 263.57kcal (13.18%), Fat: 21.02g (32.34%), Saturated Fat: 10.34g (64.63%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 6.73g (2.45%), Sugar: 4.16g (4.62%), Cholesterol: 142.03mg (47.34%), Sodium: 453.85mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.54%), Vitamin C: 20.68mg (25.06%), Phosphorus: 246.17mg (24.62%), Vitamin K: 25.64µg (24.42%), Calcium: 231.28mg (23.13%), Selenium: 13.53µg (19.33%), Vitamin B2: 0.28mg (16.36%), Vitamin A: 644.07IU (12.88%), Vitamin B12: 0.76µg (12.67%), Folate: 42.89µg (10.72%), Zinc: 1.58mg (10.56%), Potassium: 299.65mg (8.56%), Vitamin B6: 0.17mg (8.46%), Vitamin B5: 0.84mg (8.36%), Vitamin E: 1.11mg (7.4%), Magnesium: 25.61mg (6.4%), Manganese: 0.11mg (5.55%), Iron: 0.93mg (5.16%), Fiber: 1.14g (4.57%), Vitamin B1: 0.07mg (4.55%), Copper: 0.09mg (4.28%), Vitamin D: 0.54µg (3.59%), Vitamin B3: 0.36mg (1.81%)