

# Taste of Home

 10%  
HEALTH SCORE

## Cheddar Cauliflower Quiche

READY IN



55 min.

SERVINGS



6

CALORIES



528 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 0.3 cup shortening
- 3 tablespoons milk whole cold
- 4 cups cauliflower fresh cooked chopped
- 0.5 cup slivered almonds toasted
- 2 large eggs
- 0.5 cup milk whole
- 0.5 cup mayonnaise

- 1.5 cups cheddar cheese shredded divided
- 0.1 teaspoon nutmeg
- 0.1 teaspoon pepper




## Equipment

- bowl
- oven
- knife
- blender
- aluminum foil

## Directions

- In a large bowl, combine flour and salt.
- Cut in shortening until mixture resembles coarse crumbs. Stir in milk until mixture forms a ball. Wrap in plastic; refrigerate for 30 minutes.
- Unwrap dough. On a floured surface; roll out to fit a 9-in. pie plate.
- Place in pie plate; flute edges. Line unpricked pastry with a double thickness of foil.
- Bake at 450&deg; for 5 minutes.
- Remove foil; bake 5 minutes longer.
- Spoon cauliflower into crust; top with almonds. In a blender, combine eggs, milk, mayonnaise, 1-1/4 cups cheese, nutmeg and pepper; cover and process until smooth.
- Pour over almonds; sprinkle with remaining cheese.
- Bake, uncovered, at 350&deg; for 30-35 minutes or until a knife inserted in the center comes out clean.
- Let stand for 10 minutes before cutting.

## Nutrition Facts

 **PROTEIN 11.3%**  **FAT 71.19%**  **CARBS 17.51%**

## Properties

Glycemic Index:62, Glycemic Load:12.96, Inflammation Score:-6, Nutrition Score:18.205652133278%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 528.34kcal (26.42%), Fat: 42.33g (65.12%), Saturated Fat: 11.97g (74.79%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 20.38g (7.41%), Sugar: 3.33g (3.7%), Cholesterol: 101.43mg (33.81%), Sodium: 455.4mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Vitamin K: 47.76µg (45.49%), Vitamin C: 32.13mg (38.95%), Selenium: 21.9µg (31.29%), Phosphorus: 289.69mg (28.97%), Vitamin B2: 0.49mg (28.72%), Calcium: 287.23mg (28.72%), Vitamin E: 4.08mg (27.21%), Folate: 94.82µg (23.71%), Manganese: 0.47mg (23.39%), Vitamin B1: 0.25mg (16.67%), Zinc: 2mg (13.35%), Magnesium: 52.19mg (13.05%), Fiber: 3.04g (12.16%), Vitamin B5: 1.16mg (11.64%), Iron: 1.97mg (10.95%), Potassium: 378.55mg (10.82%), Vitamin B6: 0.21mg (10.54%), Vitamin B12: 0.62µg (10.34%), Vitamin B3: 1.95mg (9.76%), Copper: 0.17mg (8.75%), Vitamin A: 430.65IU (8.61%), Vitamin D: 0.85µg (5.64%)