



Cheesy Crustless Mini Quiches

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



49 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 large egg yolk
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 6 spring onion light white green thinly sliced
- ☐ 0.5 cup swiss cheese shredded
- ☐ 1.5 cups milk whole

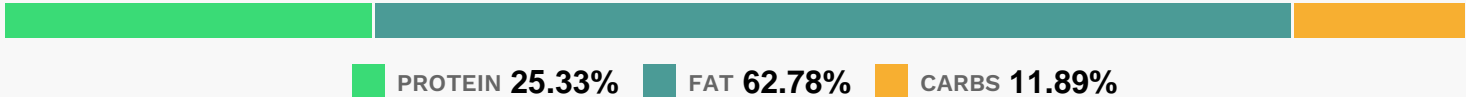
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Place racks in upper and lower thirds of oven and preheat to 350F. Coat 2 24-cup nonstick mini-muffin pans with cooking spray.
- ☐ Place pans on foil-lined baking sheets. Scatter scallions and parsley over bottom of each cup.
- ☐ Whisk eggs and yolks with Parmesan, salt and pepper in a large bowl.
- ☐ Whisk in milk until smooth.
- ☐ Transfer to a cup with a pour spout and fill each muffin cup with egg mixture. Top each cup with a pinch of Swiss cheese.
- ☐ Bake until quiches are puffed and browned on top, about 30 minutes, rotating pans from top to bottom racks and turning back to front about halfway through.
- ☐ Immediately run a small, sharp knife around outside of each quiche, then invert onto a wire rack to cool. Turn each quiche right side up.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:3.1678261355213%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 49.17kcal (2.46%), Fat: 3.43g (5.28%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.35g (0.49%), Sugar: 1.02g (1.13%), Cholesterol: 61.49mg (20.5%), Sodium: 113.39mg (4.93%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.11g (6.23%), Vitamin K: 14.22µg (13.55%), Calcium: 86.01mg (8.6%), Phosphorus: 72.82mg (7.28%), Selenium: 4.6µg (6.57%), Vitamin B12: 0.31µg (5.16%), Vitamin A: 214.85IU (4.3%), Vitamin B2: 0.07mg (4.23%), Vitamin D: 0.49µg (3.26%), Folate: 10.78µg (2.7%), Zinc: 0.4mg (2.65%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.04mg (1.79%), Vitamin B1: 0.02mg (1.52%), Vitamin C: 1.21mg (1.47%), Potassium: 49.72mg (1.42%), Iron: 0.24mg (1.36%), Magnesium: 5.41mg (1.35%), Vitamin E: 0.19mg (1.24%)