



Cheesy Quiche Crust

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 tablespoons butter cold cut into small pieces
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 5 teaspoons water cold

Equipment

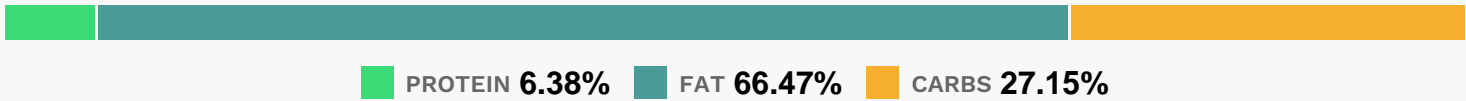
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ plastic wrap

Directions

- ☐ Place flour in a large bowl.
- ☐ Sprinkle in the chopped butter; rub butter into the flour until it resembles bread crumbs. Stir in the grated cheese.
- ☐ Sprinkle water over the flour mixture, a teaspoon at a time, stirring lightly with a fork.
- ☐ Add just enough water to allow the dough form a ball and cleanly leave the sides of the bowl. Wrap the dough in plastic wrap, and refrigerate for at least 30 minutes.
- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Roll out dough, and place in a 9 inch pie/quiche pan. Use a fork to prick holes over the bottom of the pastry.
- ☐ Bake crust in preheated oven for 10 minutes before filling with quiche custard of your choice.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:3.2613043785095%

Nutrients (% of daily need)

Calories: 176.46kcal (8.82%), Fat: 13.11g (20.17%), Saturated Fat: 8.12g (50.78%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.62g (4.23%), Sugar: 0.07g (0.07%), Cholesterol: 34.81mg (11.6%), Sodium: 121.33mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Selenium: 6.77µg (9.67%), Vitamin B1: 0.12mg (8.31%), Vitamin A: 397.04IU (7.94%), Folate: 30µg (7.5%), Vitamin B2: 0.1mg (6.04%), Manganese: 0.11mg (5.35%), Vitamin B3: 0.93mg (4.65%), Phosphorus: 41.8mg (4.18%), Iron: 0.74mg (4.09%), Calcium: 39.12mg (3.91%), Vitamin E: 0.37mg (2.46%), Zinc: 0.3mg (1.97%), Fiber: 0.42g (1.69%), Magnesium: 5.03mg (1.26%), Copper: 0.02mg (1.24%), Vitamin B12: 0.07µg (1.23%), Vitamin K: 1.14µg (1.09%), Vitamin B5: 0.1mg (1.03%)