



Cheesy Sausage Quiche

 Gluten Free

READY IN



26 min.

SERVINGS



8

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 egg whites lightly beaten
- 4 large eggs lightly beaten
- 0.5 cup milk fat-free
- 8 oz mushrooms fresh sliced
- 12 oz sausage meat lean
- 0.5 cup onion chopped (1 small onion)
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

1 oz sharp cheddar cheese shredded 2% reduced-fat

Equipment

bowl

frying pan

paper towels

oven

Directions

Saut mushrooms and onion in a nonstick skillet coated with cooking spray over medium-high heat 8 minutes or until onion is tender.

Remove from skillet, and place in a large bowl.

Cook sausage in skillet 8 minutes or until sausage crumbles and is no longer pink; drain well on paper towels. Stir together sausage, eggs, and next 4 ingredients with mushroom mixture in bowl.

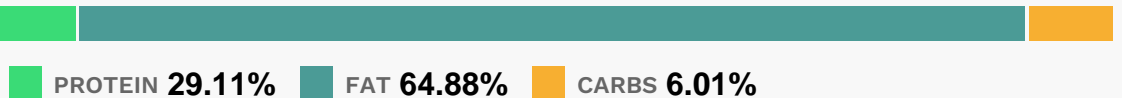
Pour mixture into a 10-inch quiche dish or deep-dish pieplate coated with cooking spray.

Bake at 350 for 30 minutes or until set.

Let stand 5 minutes before serving. Slice into 8 wedges.

* One (1-pt.) container of egg substitute may be substituted for the 4 whole eggs and 8 egg whites.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:8.8960868197939%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 210.68kcal (10.53%), Fat: 15.04g (23.13%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.08g (2.31%), Cholesterol: 127.62mg (42.54%), Sodium: 459.71mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Vitamin B2: 0.45mg (26.49%), Selenium: 17.67µg (25.25%), Phosphorus: 171.4mg (17.14%), Vitamin B3: 3.11mg (15.53%), Vitamin B12: 0.75µg (12.48%), Vitamin B5: 1.23mg (12.32%), Vitamin B6: 0.23mg (11.36%), Vitamin B1: 0.17mg (11.03%), Zinc: 1.62mg (10.79%), Potassium: 322.76mg (9.22%), Vitamin D: 1.3µg (8.66%), Copper: 0.15mg (7.47%), Calcium: 68.67mg (6.87%), Iron: 1.11mg (6.16%), Folate: 21.16µg (5.29%), Magnesium: 18.71mg (4.68%), Vitamin A: 234.18IU (4.68%), Vitamin E: 0.38mg (2.5%), Manganese: 0.05mg (2.38%), Vitamin C: 1.63mg (1.98%), Fiber: 0.47g (1.88%)