



Collard Greens and Turkey Quiche

READY IN



100 min.

SERVINGS



6

CALORIES



505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 12 large collard greens green
- 1 cup water
- 0.7 cup turkey cooked chopped
- 6 ounces sharp cheddar cheese shredded
- 2 eggs
- 1 cup whipping cream (heavy)
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 1.3 cups flour all-purpose

- 0.3 teaspoon salt
- 0.3 cup butter firm
- 2 tablespoons shortening
- 1 eggs slightly beaten
- 1 tablespoons water cold

Equipment

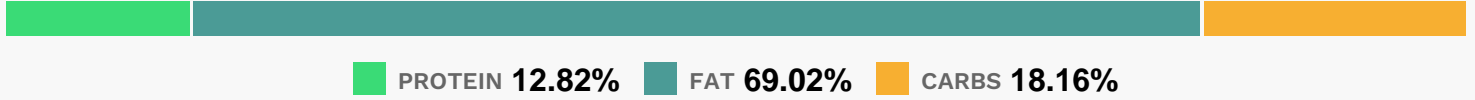
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- knife
- blender

Directions

- Heat oven to 350°F. Wash collard green leaves.
- Cut off long stem at the base of each leaf; carefully shave the remaining thick stem. In 2-quart saucepan, heat water to boiling. Cook leaves in boiling water about 3 minutes or until slightly softened; drain. Dry leaves with paper towels and flatten. Chop collard greens.
- In small bowl, stir together flour and 1/4 teaspoon salt.
- Cut in butter and shortening, using pastry blender or crisscrossing 2 knives, until mixture looks like coarse crumbs. Stir in egg and cold water until pastry clings together. Shape into a ball; flatten.
- Roll between sheets of waxed paper. Peel off top sheet. Turn pastry into ungreased 9-inch pie plate or quiche pan; remove other sheet. Press edge of pastry with fork for decoration.
- Arrange collard greens and turkey in shell.
- Sprinkle with 1 cup of the cheese. In small bowl, beat eggs, whipping cream, 1/2 teaspoon salt and the pepper, using fork, until blended.
- Pour into shell.

- Sprinkle with remaining 1/2 cup cheese.
- Bake quiche 40 to 45 minutes or until knife inserted in center comes out clean.
- Let stand 20 minutes.
- Cut into wedges. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:14.57, Inflammation Score:-9, Nutrition Score:18.683478106623%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 504.58kcal (25.23%), Fat: 38.93g (59.9%), Saturated Fat: 18.11g (113.22%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 21.53g (7.83%), Sugar: 1.5g (1.67%), Cholesterol: 162.96mg (54.32%), Sodium: 625.8mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.56%), Vitamin K: 91.83µg (87.46%), Vitamin A: 2334.5IU (46.69%), Selenium: 27.41µg (39.16%), Calcium: 294.95mg (29.5%), Vitamin B2: 0.48mg (28.16%), Phosphorus: 251.99mg (25.2%), Folate: 92.21µg (23.05%), Vitamin B1: 0.25mg (16.49%), Manganese: 0.33mg (16.3%), Vitamin B3: 2.59mg (12.94%), Zinc: 1.85mg (12.3%), Vitamin E: 1.84mg (12.28%), Vitamin B12: 0.7µg (11.73%), Iron: 1.88mg (10.43%), Vitamin B6: 0.18mg (9.12%), Vitamin C: 7.32mg (8.87%), Vitamin D: 1.28µg (8.52%), Vitamin B5: 0.85mg (8.5%), Magnesium: 27.74mg (6.94%), Fiber: 1.51g (6.05%), Potassium: 189.66mg (5.42%), Copper: 0.09mg (4.61%)