



Corn, Cheddar and Tomato Quiche

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 cup soymilk
- 4 eggs fat-free
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon chili powder
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup corn sweet frozen organic thawed cascadian farm®
- 3 oz cheddar cheese shredded reduced-fat

0.8 cup tomatoes seeded chopped

Equipment

bowl

oven

knife

Directions

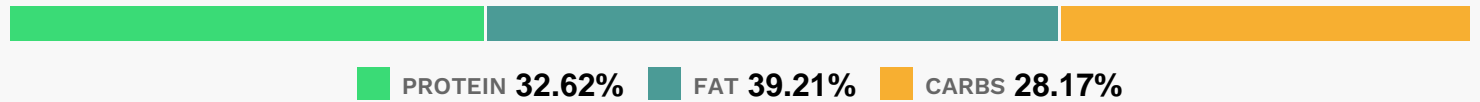
Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.

In medium bowl, stir all ingredients except corn, cheese and tomato until blended. Stir in corn, cheese and tomato; pour into pie plate.

Bake 30 to 35 minutes or until knife inserted in center comes out clean.

Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:3.25, Inflammation Score:-5, Nutrition Score:8.3839129468669%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 112.99kcal (5.65%), Fat: 5.02g (7.72%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 7.01g (2.55%), Sugar: 2.85g (3.17%), Cholesterol: 112.1mg (37.37%), Sodium: 249.21mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Selenium: 12.06µg (17.23%), Vitamin B2: 0.26mg (15.57%), Phosphorus: 151.87mg (15.19%), Calcium: 134.38mg (13.44%), Vitamin A: 659.83IU (13.2%), Vitamin B12: 0.76µg (12.59%), Vitamin B6: 0.2mg (10.16%), Vitamin E: 1.51mg (10.08%), Vitamin B3: 1.89mg (9.47%), Folate: 37.1µg (9.28%), Vitamin C: 6.98mg (8.46%), Vitamin D: 1.07µg (7.15%), Vitamin B5: 0.7mg (7.02%), Zinc: 0.93mg (6.22%), Potassium: 213.24mg (6.09%), Iron: 0.98mg (5.45%), Copper: 0.1mg (5.02%), Vitamin B1: 0.07mg (4.64%), Manganese: 0.09mg (4.49%), Fiber: 1.09g (4.38%), Vitamin K: 4.13µg (3.93%), Magnesium: 15.08mg (3.77%)