



Country Quiche

READY IN



50 min.

SERVINGS



16

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 large eggs
- ☐ 20 grape tomatoes with salt sliced in half and sprinkled
- ☐ 1 pound sausage meat with sage
- ☐ 16 servings salt and pepper
- ☐ 2.5 cups sharp cheddar cheese grated
- ☐ 2 unbaked pie shells frozen thaw (set them out to while preparing the other ingredients)

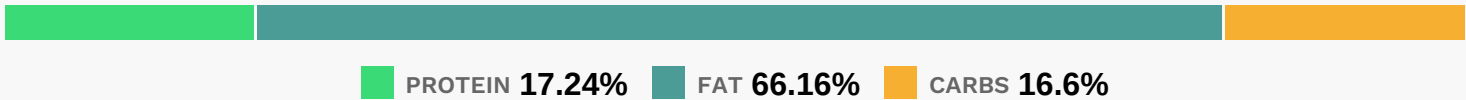
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large skillet, cook the sausage until browned and cooked through, about 10 minutes. Then remove with a slotted spoon and reserve.
- ☐ In a large mixing bowl, whisk the baking powder, tomatoes and eggs together.
- ☐ Add the cooked sausage and the cheese to the egg mixture and stir together with a large spoon.
- ☐ Add salt and pepper and divide the mixture between both unbaked pie shells.
- ☐ Bake until the filling is set, about 30 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:8.0434782608696%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 286.1kcal (14.31%), Fat: 20.89g (32.14%), Saturated Fat: 8.21g (51.31%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 11.01g (4%), Sugar: 0.69g (0.76%), Cholesterol: 107.82mg (35.94%), Sodium: 630.66mg (27.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Phosphorus: 182.14mg (18.21%), Selenium: 11.97µg

(17.09%), Calcium: 158.85mg (15.89%), Vitamin B2: 0.24mg (14.02%), Zinc: 1.64mg (10.92%), Vitamin B1: 0.16mg (10.46%), Vitamin B3: 2.06mg (10.28%), Vitamin B12: 0.6µg (9.92%), Vitamin A: 476.65IU (9.53%), Vitamin B6: 0.16mg (7.92%), Folate: 30.87µg (7.72%), Iron: 1.31mg (7.28%), Vitamin B5: 0.66mg (6.56%), Manganese: 0.13mg (6.36%), Vitamin D: 0.85µg (5.66%), Potassium: 180.84mg (5.17%), Magnesium: 16.58mg (4.15%), Vitamin E: 0.6mg (3.97%), Vitamin C: 3.11mg (3.77%), Vitamin K: 3.82µg (3.64%), Copper: 0.07mg (3.33%), Fiber: 0.79g (3.15%)