



Crescent Roll Zucchini Quiche

READY IN



90 min.

SERVINGS



20

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup butter
- ☐ 7 eggs
- ☐ 1.5 teaspoons garlic minced to taste
- ☐ 20 servings salt and ground pepper black to taste
- ☐ 1.5 cups half-and-half
- ☐ 0.5 cup havarti cheese shredded
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 onion sliced

- ☐ 8 ounce crescent rolls refrigerated to taste
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 3 zucchini thinly sliced

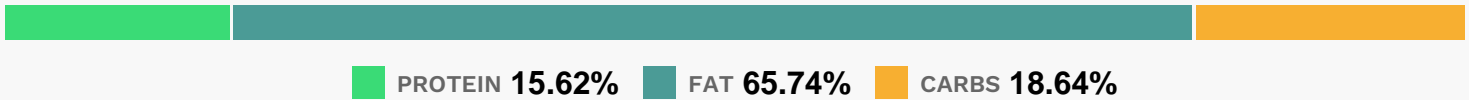
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 9x9-inch baking dishes.
- ☐ Heat butter in a skillet over low heat; cook and stir zucchini, onion, garlic, Italian seasoning, salt, and black pepper in the melted butter until zucchini and onion are tender, about 10 minutes.
- ☐ Drain any excess liquid from zucchini.
- ☐ Remove skillet from heat and cool, 15 to 20 minutes.
- ☐ Whisk half-and-half and eggs together in a bowl; stir in zucchini mixture, mozzarella cheese, Havarti cheese, and nutmeg. Season with salt and pepper.
- ☐ Unroll crescent roll dough and tear sheet in half. Press each half into the prepared baking dishes, forming a crust.
- ☐ Pour egg mixture evenly into each crust.
- ☐ Bake in the preheated oven until crust is golden and quiche is set in the middle, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:4.6952173891275%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 147.89kcal (7.39%), Fat: 11.05g (17%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 6.63g (2.41%), Sugar: 2.9g (3.22%), Cholesterol: 78.86mg (26.29%), Sodium: 216.75mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Phosphorus: 105.85mg (10.59%), Selenium: 7.12µg (10.17%), Vitamin B2: 0.17mg (9.94%), Calcium: 96.17mg (9.62%), Vitamin A: 358.68IU (7.17%), Vitamin C: 5.72mg (6.93%), Vitamin B12: 0.41µg (6.78%), Zinc: 0.74mg (4.91%), Vitamin B6: 0.1mg (4.82%), Folate: 18.03µg (4.51%), Manganese: 0.09mg (4.36%), Potassium: 138.59mg (3.96%), Vitamin B5: 0.38mg (3.8%), Iron: 0.63mg (3.5%), Magnesium: 12.32mg (3.08%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.35µg (2.33%), Vitamin B1: 0.03mg (2.07%), Copper: 0.04mg (1.79%), Fiber: 0.42g (1.69%)