



## Crustless Broccoli and Cheese Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 5 cups broccoli florets
- 2 teaspoons dijon mustard
- 4 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 0.1 teaspoon ground nutmeg
- 1.3 cups milk 1% low-fat

- 2 teaspoons olive oil
- 0.5 cup onion vertically sliced
- 1 tablespoon parmesan cheese fresh grated
- 0.5 teaspoon salt
- 4 ounces swiss cheese shredded reduced-fat
- 6 ounce bread whole wheat toasted

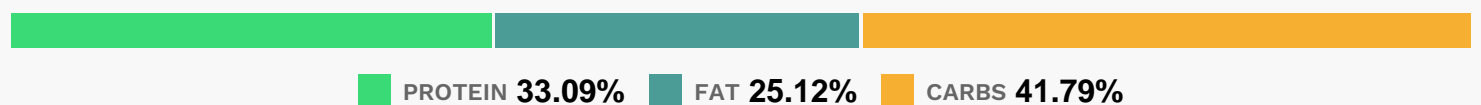
## Equipment

- bowl
- frying pan
- oven
- knife

## Directions

- Preheat oven to 35
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 1 1/2 minutes.
- Add broccoli; saut 1 minute.
- Spread broccoli mixture into a 9-inch pie plate coated with cooking spray.
- Combine milk and next 8 ingredients (milk through eggs) in a large bowl.
- Pour milk mixture over broccoli mixture; sprinkle with Parmesan.
- Bake at 350 for 40 minutes or until top is golden and a knife inserted in center comes out clean; let stand 5 minutes.
- Serve with toast.

## Nutrition Facts



## Properties

Glycemic Index:58.62, Glycemic Load:8.68, Inflammation Score:-8, Nutrition Score:23.450869332189%

## Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

## Nutrients (% of daily need)

Calories: 211.09kcal (10.55%), Fat: 5.99g (9.21%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 18.36g (6.68%), Sugar: 6.07g (6.75%), Cholesterol: 71.64mg (23.88%), Sodium: 496.46mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.5%), Vitamin K: 102.66µg (97.77%), Vitamin C: 70.57mg (85.54%), Manganese: 0.82mg (41.01%), Calcium: 353.61mg (35.36%), Selenium: 23.06µg (32.94%), Phosphorus: 324.64mg (32.46%), Vitamin B2: 0.45mg (26.76%), Folate: 75.31µg (18.83%), Fiber: 4.06g (16.22%), Vitamin A: 809.21IU (16.18%), Vitamin B6: 0.29mg (14.68%), Magnesium: 58.39mg (14.6%), Vitamin B1: 0.22mg (14.4%), Potassium: 501.95mg (14.34%), Zinc: 2.06mg (13.72%), Vitamin B12: 0.8µg (13.26%), Vitamin B5: 1.14mg (11.38%), Iron: 1.79mg (9.95%), Vitamin B3: 1.9mg (9.49%), Vitamin E: 1.16mg (7.71%), Copper: 0.14mg (6.79%), Vitamin D: 0.9µg (5.98%)