



 **89%**  
HEALTH SCORE

## Crustless Broccoli Quiche

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 4 cups broccoli florets cooked chopped
- 4 eggs
- 1.3 cups milk 1%
- 1 cup onions chopped
- 0.8 cup sharp cheddar cheese shredded kraft
- 3 slices bread whole wheat cubed

### Equipment

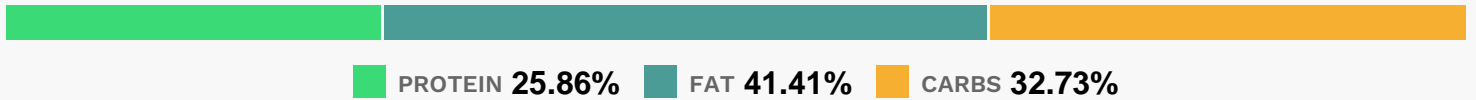
- bowl

- oven
- knife
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Whisk eggs and milk in medium bowl until blended.
- Add bread; mix lightly. Stir in remaining ingredients.
- Pour into 9-inch square baking dish sprayed with cooking spray.
- Bake 45 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:155.7, Glycemic Load:30.28, Inflammation Score:-10, Nutrition Score:70.936086737591%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 29.58mg, Kaempferol: 29.58mg, Kaempferol: 29.58mg, Kaempferol: 29.58mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 44.35mg, Quercetin: 44.35mg, Quercetin: 44.35mg, Quercetin: 44.35mg

## Nutrients (% of daily need)

Calories: 1125.43kcal (56.27%), Fat: 52.84g (81.3%), Saturated Fat: 24.55g (153.46%), Carbohydrates: 93.96g (31.32%), Net Carbohydrates: 76.74g (27.91%), Sugar: 32.24g (35.82%), Cholesterol: 754.22mg (251.41%), Sodium: 1423.76mg (61.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.25g (148.5%), Vitamin C: 336.53mg (407.91%), Vitamin K: 381.33µg (363.17%), Selenium: 115.78µg (165.4%), Phosphorus: 1505.21mg (150.52%), Manganese: 2.83mg (141.54%), Calcium: 1414.24mg (141.42%), Vitamin B2: 2.2mg (129.39%), Folate: 401.42µg (100.35%), Vitamin A: 4651.23IU (93.02%), Vitamin B6: 1.55mg (77.26%), Vitamin B12: 4.26µg (71.07%), Vitamin B5: 6.97mg (69.72%), Fiber: 17.22g (68.9%), Potassium: 2371.03mg (67.74%), Zinc: 9.89mg (65.95%), Vitamin B1:

0.92mg (61.57%), Magnesium: 236.52mg (59.13%), Vitamin D: 7.27µg (48.49%), Iron: 8.36mg (46.44%), Vitamin E: 5.87mg (39.12%), Vitamin B3: 6.74mg (33.71%), Copper: 0.59mg (29.41%)