



Crustless Country Quiche

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



23 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 asparagus spears fresh trimmed cut into 1/2-inch-lengths
- 4 boca veggie breakfast links frozen cut into 1/2-inch-thick slices
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 1 Tbsp grey poupon dijon mustard
- 2 cups cholesterol-free egg product
- 0.3 cup onions finely chopped
- 0.5 cup swiss cheese shredded kraft

Equipment

oven

Directions

- Heat oven to 350F.
- Combine all ingredients.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 40 to 45 min. or until center is puffed and top is golden brown.

Nutrition Facts

PROTEIN 33.45% **FAT 61.59%** **CARBS 4.96%**

Properties

Glycemic Index:2.65, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2808695798335%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 23.2kcal (1.16%), Fat: 1.56g (2.41%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.16g (0.17%), Cholesterol: 34.91mg (11.64%), Sodium: 35.02mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Selenium: 3.33µg (4.76%), Vitamin B2: 0.05mg (3.02%), Phosphorus: 29.26mg (2.93%), Vitamin B12: 0.13µg (2.23%), Vitamin B5: 0.16mg (1.6%), Calcium: 15.83mg (1.58%), Vitamin A: 71.2IU (1.42%), Folate: 5.57µg (1.39%), Zinc: 0.21mg (1.39%), Vitamin D: 0.2µg (1.3%), Iron: 0.22mg (1.21%), Vitamin B6: 0.02mg (1.21%)