



Crustless Green Chile Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup chiles green canned chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup egg substitute
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon hot sauce
- ☐ 2 tablespoons butter melted reduced-calorie
- ☐ 1.5 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 tablespoon parmesan cheese fresh grated

☐ 0.3 cup roasted bell pepper red drained chopped

Equipment

☐ bowl

☐ oven

☐ whisk

Directions

☐ Preheat oven to 35

☐ Combine first 5 ingredients in a bowl, stirring well with a wire whisk. Stir in cottage cheese, Monterey Jack cheese, green chiles, and roasted red bell pepper.

☐ Pour mixture into a 9-inch pie plate coated with cooking spray; sprinkle with Parmesan cheese.

☐ Bake at 350 for 30 to 32 minutes or until set.

☐ Let stand 10 minutes before cutting into wedges.

☐ carbo rating: 5

Nutrition Facts



PROTEIN 33.9% **FAT 46.69%** **CARBS 19.41%**

Properties

Glycemic Index:26.83, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:6.9373912992685%

Nutrients (% of daily need)

Calories: 122.48kcal (6.12%), Fat: 6.37g (9.8%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.58g (1.76%), Cholesterol: 9.51mg (3.17%), Sodium: 452.2mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Selenium: 23.01µg (32.87%), Vitamin B2: 0.29mg (17.01%), Phosphorus: 145.9mg (14.59%), Calcium: 132.17mg (13.22%), Vitamin B5: 0.88mg (8.8%), Vitamin A: 360.49IU (7.21%), Iron: 1.19mg (6.59%), Vitamin B12: 0.38µg (6.38%), Vitamin C: 4.97mg (6.03%), Zinc: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.66%), Vitamin E: 0.81mg (5.43%), Folate: 19.99µg (5%), Potassium: 166.88mg (4.77%), Vitamin D: 0.69µg (4.58%), Vitamin B6: 0.09mg (4.31%), Magnesium: 15.19mg (3.8%), Manganese: 0.05mg (2.42%), Copper: 0.04mg (1.78%), Vitamin B3: 0.35mg (1.75%), Fiber: 0.34g (1.37%)