



Crustless Mini Quiches

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 head broccoli thick separated
- 6 large egg yolk
- 6 large eggs
- 0.5 tsp pepper black
- 0.7 cup cup heavy whipping cream (5 fl oz/160 ml)
- 1 tsp kosher salt
- 0.8 cup sharp cheddar cheese shredded (3 oz/90 g)
- 0.7 cup milk whole (5 fl oz/160 ml)

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wooden spoon
- slotted spoon

Directions

- Preheat the oven to 375°F (190°C). Lightly spray two 24-cup mini muffin pans with cooking spray or line with paper liners.
- Have ready a bowl of ice water. Bring a saucepan of lightly salted water to a boil over high heat.
- Add the broccoli and blanch until bright green and softened but still crisp, about 30 seconds. Using a slotted spoon, transfer immediately to the ice water to stop the cooking. When cool, drain thoroughly and pat dry. Chop coarsely and set aside.
- In a bowl, whisk together the whole eggs, egg yolks, milk, cream, salt, and pepper. (If you like, heat a small frying pan over medium-low heat, pour in about 1 tbsp of the mixture, and cook, stirring with a wooden spoon, just until soft curds form and are cooked through. Taste and adjust the seasoning.)
- Transfer to a large glass measuring pitcher.
- Place the prepared muffin pans on 1 or 2 rimmed baking sheets to catch any drips.
- Add a few small pieces of broccoli and a generous pinch of cheese to each of the cups.
- Pour the egg mixture over the broccoli and cheese in each cup, filling as many as you can to just below the rim.
- Add a small piece of broccoli and a pinch of cheese to the top of each quiche.
- Bake until the tops are puffed and just beginning to brown, about 15 minutes.

Transfer to wire racks and let cool for about 5 minutes, then turn the quiches out of the pans, arrange on a platter or individual plates, and serve.

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Nutrition Facts

 **PROTEIN 19.8%**  **FAT 71.45%**  **CARBS 8.75%**

Properties

Glycemic Index:21.5, Glycemic Load:1.25, Inflammation Score:-7, Nutrition Score:18.675652234451%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 307.69kcal (15.38%), Fat: 24.67g (37.95%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.27g (3.63%), Cholesterol: 416.86mg (138.95%), Sodium: 593.31mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Vitamin C: 45.35mg (54.97%), Vitamin K: 53.49µg (50.94%), Selenium: 31.45µg (44.93%), Vitamin B2: 0.53mg (31.02%), Phosphorus: 306.42mg (30.64%), Vitamin A: 1405.89IU (28.12%), Calcium: 225.39mg (22.54%), Folate: 84.29µg (21.07%), Vitamin B12: 1.11µg (18.58%), Vitamin D: 2.72µg (18.16%), Vitamin B5: 1.79mg (17.94%), Vitamin B6: 0.27mg (13.46%), Zinc: 1.94mg (12.93%), Vitamin E: 1.72mg (11.49%), Iron: 1.78mg (9.87%), Potassium: 326.6mg (9.33%), Manganese: 0.15mg (7.74%), Vitamin B1: 0.11mg (7.38%), Magnesium: 26.7mg (6.68%), Fiber: 1.36g (5.44%), Copper: 0.08mg (4.21%), Vitamin B3: 0.42mg (2.1%)