



WHATSheATE



Crustless Pizza Quiche



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 oz mushrooms drained sliced canned
- ☐ 0.1 teaspoon basil dried
- ☐ 5 eggs beaten
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon oregano dried
- ☐ 0.5 cup pepperoni diced
- ☐ 8 oz mozzarella cheese shredded

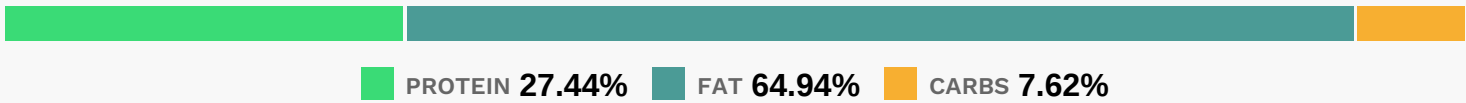
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Layer pepperoni and mushrooms in a greased 9" pie plate. In a bowl, whisk together eggs, milk and seasoning; pour over pepperoni and mushrooms. Top with cheese.
- ☐ Bake, uncovered, at 400 degrees for 20 to 25 minutes, until golden and heated through.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:15.873913184456%

Nutrients (% of daily need)

Calories: 361.8kcal (18.09%), Fat: 26.08g (40.12%), Saturated Fat: 12.55g (78.46%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 5.49g (1.99%), Sugar: 4.32g (4.8%), Cholesterol: 268.58mg (89.53%), Sodium: 915.17mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.57%), Selenium: 33.82µg (48.31%), Phosphorus: 415.74mg (41.57%), Calcium: 384.02mg (38.4%), Vitamin B12: 2.21µg (36.88%), Vitamin B2: 0.52mg (30.82%), Zinc: 3.31mg (22.06%), Vitamin B5: 1.72mg (17.22%), Vitamin A: 755.7IU (15.11%), Vitamin D: 2.13µg (14.18%), Vitamin B6: 0.23mg (11.46%), Iron: 1.9mg (10.55%), Vitamin B1: 0.15mg (10.08%), Copper: 0.19mg (9.67%), Folate: 37.57µg (9.39%), Vitamin B3: 1.76mg (8.8%), Magnesium: 34.87mg (8.72%), Manganese: 0.17mg (8.66%), Potassium: 301.07mg (8.6%), Vitamin E: 0.87mg (5.83%), Fiber: 1.4g (5.6%), Vitamin K: 3.35µg (3.19%)