



Crustless Quiche

READY IN



30 min.

SERVINGS



4

CALORIES



638 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 pound finely-chopped ham diced cooked
- ☐ 1.5 tablespoons breadcrumbs plain dry fine
- ☐ 4 large eggs
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 cup onion frozen chopped
- ☐ 4 servings the salad green
- ☐ 8 ounce swiss cheese shredded (2 cups)
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup milk whole

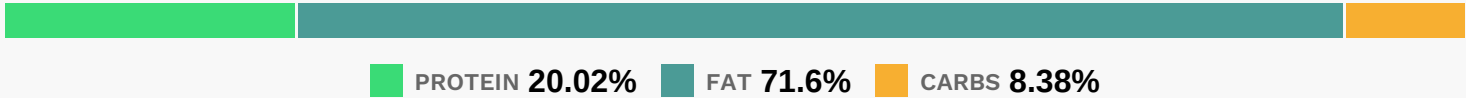
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Butter quiche dish, then sprinkle all over with bread crumbs.
- ☐ Cook onions with ham in butter in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until pale golden, about 5 minutes.
- ☐ Spread in dish, then evenly sprinkle cheese on top.
- ☐ Whisk together eggs, cream, milk, and 1/2 teaspoon pepper and pour over cheese.
- ☐ Bake until top is golden and custard is set in center, 20 to 25 minutes. Cool slightly before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:23.70347819121%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 637.78kcal (31.89%), Fat: 51.03g (78.51%), Saturated Fat: 29.05g (181.56%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.59g (4.58%), Sugar: 6.79g (7.54%), Cholesterol: 341.51mg (113.84%), Sodium: 582.41mg (25.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.22%), Calcium: 670.72mg (67.07%), Phosphorus: 637.58mg (63.76%), Selenium: 42.31µg (60.45%), Vitamin B12: 3µg (50.01%), Vitamin A: 2256.74IU (45.13%), Vitamin B2: 0.71mg (41.82%), Zinc: 4.36mg (29.05%), Vitamin C: 19.2mg (23.28%), Vitamin B1:

0.29mg (19.29%), Vitamin D: 2.68µg (17.84%), Vitamin B5: 1.76mg (17.58%), Vitamin B6: 0.34mg (17%), Folate: 58.35µg (14.59%), Potassium: 472.33mg (13.5%), Magnesium: 52.23mg (13.06%), Vitamin E: 1.54mg (10.24%), Iron: 1.77mg (9.82%), Manganese: 0.18mg (8.91%), Vitamin B3: 1.7mg (8.49%), Copper: 0.15mg (7.39%), Vitamin K: 3.68µg (3.51%), Fiber: 0.85g (3.39%)