



Crustless Smoked Salmon Quiche with Dill

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs
- ☐ 4 large egg whites
- ☐ 1.3 cups evaporated milk fat-free
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 ounces gouda cheese shredded
- ☐ 0.5 cup green onions thinly sliced

- ☐ 2 ounces salmon smoked thinly sliced chopped
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

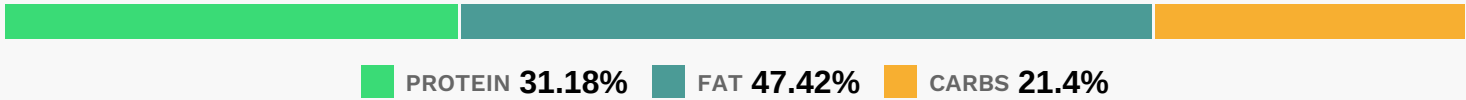
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl, stirring with a whisk. Stir in cheese, onions, salmon, dill, and pepper.
- ☐ Pour egg mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 35 minutes.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:6.1608695724736%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 5.89g (9.05%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.75g (2.09%), Sugar: 4.43g (4.93%), Cholesterol: 45.03mg (15.01%), Sodium: 209.71mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Calcium: 172.45mg (17.25%), Vitamin B2: 0.27mg (16.06%), Phosphorus: 155.18mg (15.52%), Selenium: 10.09µg (14.41%), Vitamin K: 13.58µg (12.93%), Vitamin D: 1.41µg (9.41%), Vitamin B12: 0.5µg (8.25%), Potassium: 205.66mg (5.88%), Vitamin A: 263.41IU (5.27%), Zinc: 0.75mg (5.03%), Vitamin B5: 0.47mg (4.73%), Magnesium: 17.88mg (4.47%), Folate: 13.38µg (3.35%), Vitamin B6: 0.06mg

(3.14%), Vitamin C: 2.01mg (2.44%), Vitamin B3: 0.48mg (2.41%), Vitamin B1: 0.03mg (2.21%), Iron: 0.4mg (2.2%), Copper: 0.04mg (2.1%), Manganese: 0.04mg (1.89%), Vitamin E: 0.28mg (1.86%)