



## Crustless Veggie Sausage Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 8 ounce vegetable breakfast patties
- 6 ounces cheddar cheese reduced-fat
- 1 cup egg substitute
- 3 tablespoons flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 1 teaspoon hot sauce
- 1 tablespoon butter light
- 1 cup curd cottage cheese 1% low-fat
- 3 tablespoons parmesan cheese grated

- 8 ounce cup heavy whipping cream light sour
- 0.5 large onion sweet chopped

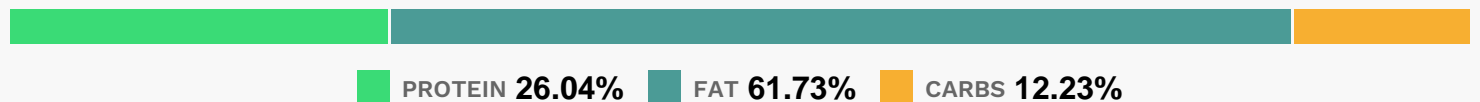
## Equipment

- food processor
- frying pan
- oven
- microwave

## Directions

- Prepare patties according to package directions; crumble and set aside.
- Melt butter in a large skillet over medium-high heat; add mushrooms and onion, and saut 5 minutes or until tender.
- Process egg substitute, sour cream, and next 4 ingredients in a food processor until smooth, stopping to scrape down sides.
- Stir together crumbled breakfast patties, mushroom mixture, egg substitute mixture, and Cheddar cheese. Spoon into a 10-inch quiche pan coated with cooking spray.
- Bake at 350 for 35 minutes or until golden. Cool 10 minutes.
- Cut quiche into 8 wedges.
- \*If you'd rather have the meat, 1 cup lean chopped cooked ham may be substituted for vegetable breakfast patties.
- Note: Individual wedges may be reheated in the microwave at MEDIUM (50% power) 1 minute or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:11.602608587431%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,  
Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol:  
0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3mg, Quercetin:  
3mg, Quercetin: 3mg, Quercetin: 3mg

## **Nutrients (% of daily need)**

Calories: 286kcal (14.3%), Fat: 19.68g (30.27%), Saturated Fat: 9.54g (59.62%), Carbohydrates: 8.77g (2.92%), Net  
Carbohydrates: 8.23g (2.99%), Sugar: 3.12g (3.46%), Cholesterol: 56.21mg (18.74%), Sodium: 567.07mg (24.66%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Selenium: 26.2µg (37.42%), Vitamin B2:  
0.46mg (27.35%), Phosphorus: 260.78mg (26.08%), Calcium: 254.85mg (25.48%), Vitamin B12: 0.9µg (15.07%),  
Zinc: 2.22mg (14.79%), Vitamin B3: 2.66mg (13.31%), Vitamin B5: 1.3mg (13%), Vitamin B1: 0.19mg (12.79%), Vitamin  
B6: 0.23mg (11.31%), Potassium: 358.17mg (10.23%), Vitamin A: 453.33IU (9.07%), Folate: 30.94µg (7.74%), Copper:  
0.15mg (7.57%), Iron: 1.36mg (7.54%), Vitamin D: 1.12µg (7.44%), Magnesium: 24.26mg (6.06%), Vitamin E: 0.82mg  
(5.5%), Vitamin C: 2.57mg (3.11%), Manganese: 0.06mg (2.81%), Fiber: 0.55g (2.19%)