



Deep-Dish Ham Quiche With Herb and Asparagus Salad

READY IN



240 min.

SERVINGS



12

CALORIES



670 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 pounds asparagus trimmed
- ☐ 0.5 cup torn dill fresh
- ☐ 1 large egg yolk
- ☐ 8 large eggs
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 1 quart heavy cream
- ☐ 0.5 juice of lemon
- ☐ 12 servings kosher salt

- ☐ 12 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup torn mint fresh
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 ounces parmesan cheese shaved with a peeler
- ☐ 1 cup torn parsley fresh
- ☐ 12 servings pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 0.8 pound ham smoked cubed
- ☐ 0.3 teaspoon sugar
- ☐ 12 tablespoons butter unsalted cold cubed
- ☐ 2 large vidalia onions sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ spatula
- ☐ springform pan
- ☐ rolling pin

Directions

- ☐ Combine the flour, salt and sugar in a large bowl.

- ☐ Add the butter; mix with a pastry blender or your fingers until the mixture resembles coarse crumbs. Beat the egg yolk and 3 tablespoons ice water in a small bowl; work into the dough until the dough holds together without being wet or sticky. Squeeze a small amount together: If it is crumbly, add more ice water, 1 tablespoon at a time. Form into a disk and wrap in plastic wrap; refrigerate at least 30 minutes.
- ☐ Roll out the dough on a lightly floured surface into a 14-inch round. Carefully roll up the dough onto the rolling pin (this may take a little practice) and lay it inside a 9-inch springform pan. Press the dough firmly into the bottom and side; trim the excess.
- ☐ Put the pan on a sturdy baking sheet and refrigerate until ready to fill.
- ☐ Prepare the filling: Put a skillet over medium-low heat and coat with the olive oil.
- ☐ Add the onions and slowly cook, stirring occasionally, until they caramelize, 40 to 45 minutes. (
- ☐ Add a couple of tablespoons of water to help the onions break down, if needed.) Toss in the ham and cook, stirring, about 10 minutes.
- ☐ Remove from the heat.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Whisk the eggs in a large bowl until frothy.
- ☐ Whisk in the cream; season with salt and pepper. Arrange the onions and ham in the crust and carefully pour in the egg-cream mixture; the filling should be about 1/2 inch from the top. Cover loosely with foil and bake 1 hour, 45 minutes.
- ☐ Remove the foil and bake until the quiche is set but jiggles slightly, about 30 more minutes.
- ☐ Remove to a rack and let cool 45 minutes.
- ☐ Meanwhile, make the salad: Bring a large pot of salted water to a boil; blanch the asparagus until crisp-tender, about 2 minutes.
- ☐ Transfer to a bowl of ice water to stop the cooking, then drain. Slice into small pieces and put in a bowl; add the parmesan and herbs.
- ☐ Add the olive oil and lemon juice and season with salt and pepper. Toss gently to combine.
- ☐ Loosen the quiche from the pan with a thin metal spatula, then remove the ring.
- ☐ Transfer the quiche to a plate and cut into wedges.
- ☐ Drizzle with olive oil and season with pepper. Top with the salad.
- ☐ Photograph by Johnny Miller

Nutrition Facts

 **PROTEIN 11.39%**  **FAT 72.88%**  **CARBS 15.73%**

Properties

Glycemic Index:23.59, Glycemic Load:12.15, Inflammation Score:-9, Nutrition Score:24.332608596138%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Isorhamnetin: 5.16mg, Isorhamnetin: 5.16mg, Isorhamnetin: 5.16mg, Isorhamnetin: 5.16mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Quercetin: 19.68mg, Quercetin: 19.68mg, Quercetin: 19.68mg, Quercetin: 19.68mg

Nutrients (% of daily need)

Calories: 669.98kcal (33.5%), Fat: 55.26g (85.01%), Saturated Fat: 29.59g (184.92%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 23.8g (8.66%), Sugar: 6.95g (7.72%), Cholesterol: 278.55mg (92.85%), Sodium: 1158.88mg (50.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.85%), Vitamin K: 122.43µg (116.6%), Vitamin A: 3008.07IU (60.16%), Selenium: 24.75µg (35.36%), Vitamin B2: 0.58mg (34.17%), Phosphorus: 334.79mg (33.48%), Folate: 125.04µg (31.26%), Iron: 4.47mg (24.85%), Calcium: 239.42mg (23.94%), Vitamin E: 3.53mg (23.52%), Vitamin B1: 0.34mg (22.51%), Vitamin C: 16.75mg (20.3%), Manganese: 0.39mg (19.3%), Copper: 0.33mg (16.47%), Vitamin D: 2.26µg (15.08%), Potassium: 506.78mg (14.48%), Zinc: 2.16mg (14.39%), Vitamin B6: 0.26mg (12.97%), Fiber: 3.03g (12.13%), Magnesium: 48.29mg (12.07%), Vitamin B5: 1.2mg (12.02%), Vitamin B3: 2.28mg (11.4%), Vitamin B12: 0.59µg (9.79%)