

Donna's Cheesy Quiche

READY IN



60 min.

SERVINGS



6

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 teaspoon basil dried
- 3 eggs
- 0.5 teaspoon pepper black
- 1 cup cup heavy whipping cream
- 2 tablespoons olive oil
- 1 small onion diced
- 0.5 teaspoon oregano dried
- 19-inch pie crust dough ()
- 1 teaspoon salt

- 0.8 cup cheddar cheese shredded
- 0.8 cup mozzarella cheese shredded

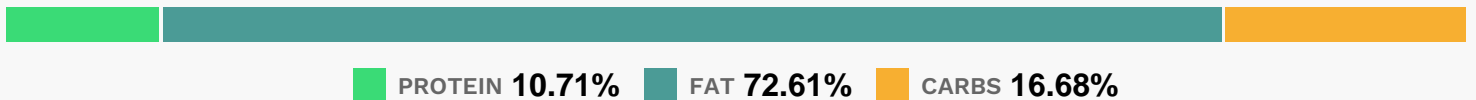
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat oil in a skillet over medium high heat.
- Add onion and saute until soft, about 3 to 5 minutes.
- In a large bowl, beat together eggs, cream, basil, oregano, salt and pepper.
- Spoon the onions into the pie crust.
- Pour the egg mixture over the onions.
- Sprinkle shredded cheese on top.
- Bake in preheated oven until a toothpick inserted into center of the quiche comes out clean, about 30 to 40 minutes.
- Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:9.9417392222778%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 465.26kcal (23.26%), Fat: 37.73g (58.04%), Saturated Fat: 17.74g (110.88%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.32g (6.66%), Sugar: 1.93g (2.15%), Cholesterol: 151.85mg (50.62%), Sodium: 746.72mg (32.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.05%), Selenium: 16.3µg (23.28%), Calcium: 223.63mg (22.36%), Phosphorus: 208.94mg (20.89%), Vitamin B2: 0.34mg (19.94%), Vitamin A: 943.01IU (18.86%), Vitamin B12: 0.73µg (12.14%), Manganese: 0.21mg (10.66%), Vitamin E: 1.6mg (10.65%), Folate: 42.1µg (10.53%), Zinc: 1.49mg (9.93%), Vitamin K: 10.02µg (9.55%), Iron: 1.58mg (8.79%), Vitamin B1: 0.12mg (8.17%), Vitamin D: 1.22µg (8.1%), Vitamin B5: 0.67mg (6.7%), Vitamin B6: 0.1mg (5.01%), Vitamin B3: 0.99mg (4.96%), Magnesium: 19.53mg (4.88%), Fiber: 1.18g (4.7%), Potassium: 145.56mg (4.16%), Copper: 0.06mg (3.06%), Vitamin C: 1.11mg (1.34%)