



## Easy Broccoli Quiche

READY IN



50 min.

SERVINGS



6

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.5 teaspoon pepper black
- 2 cups broccoli fresh chopped
- 1 tablespoon butter melted
- 4 eggs well beaten
- 1 teaspoon garlic minced
- 1.5 cups milk
- 1 onion minced
- 1 teaspoon salt
- 1.5 cups mozzarella cheese shredded

1 9-inch pie crust dough ( )

## Equipment

sauce pan

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Over medium-low heat melt butter in a large saucepan.

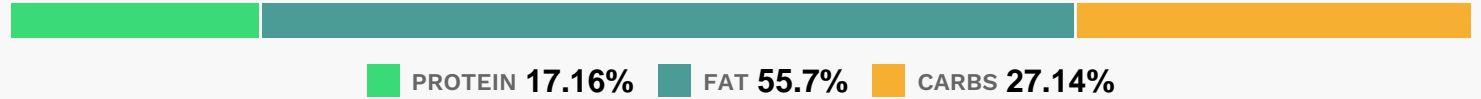
Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.

Combine eggs and milk. Season with salt and pepper. Stir in melted butter.

Pour egg mixture over vegetables and cheese.

Bake in preheated oven for 30 minutes, or until center has set.

## Nutrition Facts



## Properties

Glycemic Index:39.33, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:14.491739065751%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

## Nutrients (% of daily need)

Calories: 350.08kcal (17.5%), Fat: 21.72g (33.41%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.85g (7.95%), Sugar: 4.61g (5.13%), Cholesterol: 143.58mg (47.86%), Sodium: 789.84mg (34.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.11%), Vitamin C: 27.68mg (33.55%), Vitamin K: 33.79µg (32.18%), Phosphorus: 269.08mg (26.91%), Calcium: 259.64mg (25.96%), Selenium: 17.75µg (25.36%), Vitamin B2: 0.4mg (23.24%), Vitamin B12: 1.23µg (20.55%), Folate: 61.16µg (15.29%), Manganese: 0.28mg (14.11%), Vitamin A: 689.21IU (13.78%), Vitamin B1: 0.18mg (11.77%), Zinc: 1.76mg (11.72%), Vitamin B5: 1.05mg (10.5%), Iron:

1.78mg (9.91%), Vitamin B6: 0.19mg (9.71%), Vitamin D: 1.37µg (9.13%), Potassium: 309.91mg (8.85%), Fiber: 1.96g (7.84%), Magnesium: 29.9mg (7.47%), Vitamin B3: 1.23mg (6.15%), Vitamin E: 0.83mg (5.56%), Copper: 0.08mg (3.77%)